

6
5
4
3
2
1
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1

THE Indian Nectar, T. Howell. OR A ^{1620. / 1621.} HARMONI⁹ DISCOURSE CONCERNING CHOCOLATA: WHEREIN

The *Nature* of the *Cacao-nut*, and the other *Ingredients* of that *Composition*, is examined, and stated according to the *Judgment* and *Experience* of the *Indians*, and *Spanish* *Writers*, who lived in the *Indies*, and others; with sundry additional *Observations* made in *England*: The ways of compounding and preparing *Chocolata* are enquired into; its Effects, as to its *alimental* and *genereal* quality, as well as *Medicinal* (especially in *Hypochondriacal Melancholy*) are fully debated. Together with a *Spagyrical Analysis* of the *Cacao-nut*, performed by that excellent *Chymist*, *Monsieur le Febure*, *Chymist* to His Majesty.

By *Henry Stubble* formerly of Ch. Ch. in Oxon. Physician for His Majesty, and the Right Honourable Thomas Lord Windsor in the Island of *Jamaica* in the West-Indies.

Thomas Gage, Survey of the West-Indies: chap. 15.
Here [in a certain part of *Guataca*] grow many *Trees* of *Cacao*, and *Achiote*, whereof it made the *Chocolatte*, and is a *Commodity* of much *trading* in those parts, though our *English* and *Hollanders* make little use of it, when they take a *prize* at *Sea*, as not knowing the secret *virtue* and *quality* of it for the *good* of the *Stomach*.

Videant, intabescantque reliet&.

London. Printed by *J.C.* for *Andrew Crook* at the Sign of the *Green Dragon* in *St. Paul's Church-yard*. 1662.

From the Author of the
Physick Poem
to his Friend



To my Learned Friend Dr. Thomas Willis Doctor of Physick, and Reader of Natural Philosophy in the University of Oxon.



When I first entered upon the practice of Physick, I had the honour of your Testimonial: and I now publickly acknowledge as well your favours, as that worth, which is univerſally known, and admired. Were I to celebrate your Panegyrick, I ſhould not doubt to represent you as a ſecond to Harvey: and I ſhould not fear the reſentments of others, if I compared him to Phrynis, whiileſt you are the Timotheus in Physick. But this is not my preſent Designe; but to tell you, I have finished the Discouſe I premoſed you, of Chocolata: and I have augmented it beyond my thoughts, or yours. This Writing, as well as the Chocolata I preſented to His Maſteſty, wants that perfection, which Time was to give it; I wiſh it have ſo good fortune, to please, as that did. I ſhall from Jamaica give you

The Epistle Dedicatory

a better Book, and (I believe) better Chocolata. And it is my resolution so to employ myself there, that I may not fail the expectation so many Eminent Persons have of me; nor will I ever see England, but with the satisfaction of having done something considerable.

That you may know how great Incentives I have to study, besides my own unspeakable inclinations; There are more then ordinarily interested in me, besides the King's Majesty; who alone is so great a promoter, and so competent a judge of merit, that to an Ingenuous Person there needs no farther inducement to deserve. But, besides Him, there is the Honourable Robert Boyle Esquire, Dr. Quatremain, Dr. Frasier, Physicians to His Majesty, and several other Honourable and Learned Personages. But, amidst so many concurring favourers, and abettours, if I tell you, that I allow a peculiar esteem, and remembrance for Dr. Willis, it is no more, then the real sentiments of one, who infinitely admires you, who is

Sir, your obliged humble

Servant

Henry Stuble.

London, April
12. 1662.



The Prefare to the Ingenuous R E A D E R.

IT is long since, that I designed a particular enquiry into the *nature of Man*, and what it is, that we call *Life*, and by what means it is to be so preserved, that we may enjoy in this *World* an *undisturbed health*, and *serenity of minde*, together which those *other comforts*, the *promise* whereof is peculiarly annexed to the *fifth Commandment*, according to the *Septuagint*;

Honour thy Father, and thy Mother, that it may be well with thee, and that thy days may be long in the Land, which the Lord thy God giveth thee.

This *felicity*, since that God put so great a *value* on it, that he generally in *Scripture* makes it a *Type* of the *Celestial enjoyments* hereafter, and *illustrates* them hereby, as being no *odious Comparisons*; and since the *result* of *Solomon's wisdom*, regulated by *inspiration*, and *experience*, amounts to this; That he hath *perceived*, and *seen*, that it

The Preface.

Eccles. ch. 2. is good, and comely, and that There is nothing
v. 24. ch. 3. v. better for a man, then that he should eat, and
12, 22. ch. 5. v. drink, and enjoy the good of all his labour ;
17. ch. 8. v. 15. upon these Considerations, I did think it
merited my peculiar regards : and howbeit it
the preached, but *unpractised* (and in many
parts *false*, and *fictional*) Doctrine of Mortifi-
cation did seem to condemn such Enquiries ;
and the promulgation of them might seem
to encourage, or instruct men in *Sensuality*,
(a thing inconsistent with *Christianity*, and
that course of life, which I have followed
so, as that Presbytery it self, that is, *Malice*
and *Dis-ingenuity* heightened with all the cir-
cumstances imaginable in men on this side hell,
could never fix the least imputation upon me)
yet I thought, I ought not too much to re-
spect accidental abuses ; not to regulate my
self by what seemed fit, or true to others, but
what was *really* so, and conformable to
God's word, and the primitive practise : both
which (if we make not the Opinions of
Monks, and men retired unwarrantably
extra seculum, to be the sole Standard of
truth, and practise) did not repugn with
my *designed Speculations*.

The late changes in our *Nation* have dis-
engaged me from my former adherencies ;
and

The Preface.

and I have no longer a regard, or concern
for *Sr. Henry Vane*, or *Gen. Ludlow*, then
is consistent with my sworn Allegiance.
And I think, His Majesty is of so generous a
nature, and of so transcendent a *Grandeur*,
that I shall as little offend him by this Decla-
ration, as I shall by the following course of
my life, wherein I shall make Him all those
returns, that the most deserving, and the
most obliging person, and *Prince*, may ex-
pect from an ingenuous and resentive *Ser-
vant*, and *Subject*. It is but fitting, that so
unparallel'd a *candour*, as His Majesty hath
practised, should meet with reciprocal ac-
knowledgments : and however it be account-
ed the fate of Kings, to do well, and to be ill
spoken of ; I think it a very hard destiny : and,
though I have a very despicable opinion
of the present age, yet I hope it will not be
guilty of any such *unworthiness* towards our
Sovereign. I shall make it my publick
Profession, *Never did any* (saving, that I ne-
ver violated a sworn Allegiance, nor took
the *Covenant*, nor subscribed the *Engage-
ment*) *never did any* ever offend, or experi-
ment a greater Goodness. I go not about to
extenuate my Crimes by saying, *Rebellion*
loses its name, where *Presbytery* is opposed ;

The Preface.

or, that *The attempt in me was but the acknowledgement of uncommon favours received from others.* I am indebted to His Majesty for more, then an *Act of Indemnity and Oblivion.* His *Liberality* hath prevented my Services, and I already have had that Honour and Reward conferred on me, which to deserve I must change my *resolutions* into *actions*, and be what I intend. Were my *King* of a less *merit*, I should fear, that what I say might be apprehended not as the *dictates of Truth*, but occasioned by a *sence of Duty*, or *Flattery*: but he possesseth all *Heroick Virtues* in so peculiar a maner, that *Envy* it self must say, that it is want of *Time*, or *deficiency of Language*, not want of a *befitting Subject*, which makes me to enlarge no further.

I promised my ever-Honoured and Learned Frind Dr. *Willis* an account of *Chocolata*: and being detained beyond my expectation at *London*, to receive the benefit of what His Maj:sty had given me by way of *Advance* to go into *Jamaica*, the Right Honourable the Lady *Windsor*, a Lady, that ows her *Elogy* and *Title* not more to her *Degree*, then *worth*, gave me occasion to renew those intentions, and to make some *Essays* in compounding *Chocolata*; which first found

The Preface.

found her approbation, and then the Kings, Had I written before, I could only have given an account what others had said, or done; now I can vouch my own *experience*, and that I am not altogether unacquainted with what I *write of*. I know, that *Time* and *Opportunity* might have polished the *Work*, and better'd my *Enquiries*. If I was *impatient to do nothing*, I had not leasure almost to do any thing. I have given as good an account of things, as I could either from my *own little tryal*, or the *report of others*. I have represented each *Authour* in his own words: and where I seem to speak concerning the *modern practise in Spain*, my intelligence is not the less true, because the margin doth not warrant it by some citation. Sundry *Digressions* are rather attempted, then pursued; but, if I live any time in *Jamaica*, I shall in a *second edition* correct the imperfections of this; many whereof are unavoydable to me, because I have not seen the *Ingredients* of *Chocolata* growing, nor made such *Analyses* of them, as are requisite to discover their nature.

I write not out of a designe to advance the repute of our *West-Indy* Commodities in the making *Chocolata*. What I say is the *Affir-*

The Preface.

Assertion of others, who did not intend by their Writings to serve the *English* Interest in *Jamaica*. The *Spanish* Dr. *Juanes de Cardenas* says as much as I do, *viz.* that Persons of a *vigorous* and *healthy* Constitution ought not to drink the same *Chocolata* with others of a more *cold* and *phlegmatick* Complexion: but to have a Composition of their own mixed with fewer Spices, and those of *West-Indy* growth (which, he saith, were created for that use) and to be taken with *Atolle*. His words are *Los tales* (sc. those of a Complexion inclined to heat) *bebante con Atolle* (that being of a temperate nature) *y echense en poca especie, y essa antes seade la tierra* (sc. of *Jamaica*, or *Tabasco*) *que de Espanna, por que la de aca parece, que solo fue criada para ello.*

Nor have I more endeavoured to serve myself, then the *Island* in the subsequent Discourse: for I obtrude not on the world a bad *Chocolata*, having shewed the errors and hazards in the vulgar compositions, but

(a) It is the same, that is used in *Mexico*, what his Majesty approved (a) [then whom and brought from *Guaxaca* to the *Spanish Court*, and now used there: it varies in nothing, but what is more peculiar to the *Spanish*, then *English* gust. I call it *Chocolata-Royal*, because the *Spaniards* do so, whom I follow; and it is usual with that Nation, to express an excellent *Manjar* by the Title of *Royal*.
there

The Preface.

there can be no more competent Judg] and what hath received the commendation of others well-acquainted with the variety of *Chocolata*, sold, and made in this Nation. I have set down the ways of *Leedesma*, and *Zacchias*, and the way, by which the *Chocolata* is commonly made. And I have left in the hands of an *honest* though *poor* man, *Richard Mortimer* in *Sun-Alley* in *East-Smith-Field*, both my common-*Chocolata-receipt*, and that other of *Chocolata-Royal*; both which are fitted for the use of such as are inhealth, or not of a very weak stomach, being made up with *milde Spices* of *Jamaica*, and such, as may securely be used by the most healthy. They, who would have particular *Chocolatas* made, may have recourse to him, and rely upon his honesty to prepare them carefully according to my Method: which, though infinitely laborious, he is resolved to follow. I chose him, because I found him, of all others, tractable to observe my directions, and to make what Experiments I pleased: he lived in *Spain* many years, and is as *skilful*, as *honest*. He will attend on any *Physician* of note to receive his directions, as also to inform him, (if he would vary from my ways by any addition) what

The Preface

what may be added, and what quantity to each proportion of *Chocolata*.

I gave him the *Receipts* not only as a *reward* for the pains and trouble I put him to ; but out of a sense of *publick utility*, there being so many frauds in the making of it : it being so ill *wrought up* (whence comes the *settling*) besides the mixture of several *Ingredients* either *hurtfull*, or *impertinent*. The way I make my *Chocolata-Royal* agrees almost altogether with that, which is followed in the *Court of Spain*, where the mixture of *Anise-seeds*, *Nutmeg*, and *Maiz* is disused, and confined only to the common *Chocolata-sellers*. Whilst (to give you the words of a Learned *Spaniard*) *This other Composition seems to have all that perfection, which attends the last designs, and contrivances of Men, after many fore-going tryals* ; and which is observed to displease no body : all the change of *Ingredients* for so many years past did but prepare way for this ; which he observed to continue in a very good body, the *Ingredients* exactly fermenting, and having an excellent scent : and the *Taste* is neither hot, and biting, nor totally *insipid*. I shall not vary any thing from my way here in *England*, but perhaps at *Jamaica* I may im-

The Preface.

improve it much, both in the *making it up*, (which I suppose may better be done there, than here ; but will give no reason, till I see it to be true) and in the adding some *Ingredients* ; which if it succeed, I shall take care, that *England* know it, and have the benefit thereof.

Because that *Richard Mortimer* lives so far off, I have appointed, that his *Chocolata* of both sorts shall be to be sold at *Captain Beckford's* at the *Custom-house-key* : the best *Chocolata*, call'd *Chocolata-Royal*, will cost six *shillings six pence* each *pound*, weighing about thirteen *ounces*, or somewhat more : the ordinary *Chocolata*, weighing about fifteen *ounces* each *pound*, will cost three *shillings* and eight *pence*. And in the same place they may be furnished with the best *Cacao-nuts*, which I could yet ever see in *London* ; and also with *Jamaica-Pepper*.

I shall conclude with this *Premonition* : that the ensuing *Discourse* was written at a great distance from my own *Library*, in a place, where frequent interruptions, and diversions scarce ever yielded me an hour's leisure entire to my self : and, as this is a sufficient excuse for its many imperfections, so it must particularly *Apologize* for several

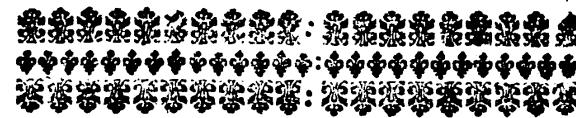
several Repetitions, which will occur; for having not time to review what I had, written, and being willing to omit nothing, I have, I believe, repeated several times the same thing. But, if it please God, I arrive safely at *Jamaica*, and enjoy that settlement, which I promise my self from the right Honourable the *Lord Windsor*, (my singular good Friend, and Patron, and the worthy Governour of *Jamaica* under His Majesty; one in whom concur those Qualities, that might *justly* recommend him for so important a charge to the choice of the best and wisest of Princes, Loyalty, Valour, Prudent Conduct, Moderation, and Affability; and under whose Government no Man ought to entertain other despair, then what his own worthlessness creates in him) when I shall be safe and secure there, and amidst my own Books, as well as the Simples mentioned here, then I will revise, and so enlarge this Work, that nothing shall be wanting thereunto.

*Nunc te marmoreum pro tempore fecimus; at, tu,
Si foetura gregem suppleverit, aureus es.*

And, as I shall endeavour wholly to oblige

man-kind with further Observations and Enquiries concerning *Chocolata*: so, I hope, my example will stirr up others to the like performances; and that Persons of ingenuity will either publish their *Observations*, or direct them to me, and leave them either with the Lady *Windsor*, or with Mr. *Andrew Crook* in St. Paul's Church-yard, *Book-seller*, to be sent to me, that I may not be ignorant of what effects *Chocolata*, or its particular Ingredients have here in *England*; what new preparations and mixture of the *Cacao-Nut*, or *Spirit*, or *Oyl* are successfully contrived, or ingeniously, to inform, or otherwise benefit men: and I do here solemnly profess, that I shall render all such Persons their due acknowledgment in *publick*, and shall readily serve them any way, during my being in *Jamaica*.

A



A

DISCOURSE

CONCERNING

CHOCOLATA.

CHAP. I.

*Concerning the Name of Chocolata, and its
being universally used.*

He drink called ordinarily *Chocolata* is by the *Indians* called ^{a Hernandez} *Chocolatl*: and is compound-^{herb. Mexic. l. 3} ^{c. 46. Gul. Piso} ed of *Atte*, as some say, or, as ^{in Mantiss. A-} others, *Atl*, which in the *Mexican* language signifies ^{romat. c. 17.} *water*; ^{where-} and from the *sound*, which the *water* (where-ⁱⁿ is put the *Chocolata*) makes, as ^b *Choco*, ^b *Gage's Sur-* *Choco*, *Choco*, when it is stirred in a cup by ^{vey of the} an Instrument called a *molinet*, or *molinillo*, ^{West-Indies,} ^{c. 16.} until it bubble, and rise into a froth. I shall not pursue other derivations of the name, it B being

It is called *Chicolate* in *Jaques Amyot*, *Chocolat*, *Chocolata*, (so it is usually called) *Chocolatte*, as Mr. *Gage* names it; or *Aniilles*, c. 16. led) *Chocolatte*, as Mr. *Gage* names it; or *and Succolata*, *Chocholate*, as ^c *Acosta*; or *Succulata*; as ^d *and Chuculate* *Mynsicht* terms it; or ^e *Cacaotl*, and ^f *Ca-* by *Schroder*. *Pharmac.* 1. 4. *caotl*, and ^g *Cacauatl*: all which names it *bears* in the *Mexican Herbal*, as well as that *Acosta* *Histor.* *nat.* & *moral.* of *Chocolatt* aforesaid.

Indiar. 1. 4. c. 22 In America several Countries have several drinks made out of roots and fruits variously prepared. The Northerly tract thereof principally seems to use the drink called *Chocolata*, in *New-Spain*, *Mexico*, and the neighbouring Provinces. If we may believe Dr. *Juanes de Barrios*, who lived in those parts, it hath been immemorially drunk in the Province of *Guatimala*, and as particularly appertains to that Country, as *Mead* to *Lithuania*, and *Ale* to *England*; however it may have diffused it self into other parts. And indeed it hath prodigiously spread it self not only over the *West-Indies*; but over ⁱ *Spain*, *Portugal*, *Italy*, *France*, *Piso* in *Mantis*-^j *high and low Germany*, and *England*, yea *su Aromat.* ^{c. 17.} *Turky*, and *Persia*: and hath been recommended by sundry learned ^k *Physicians* to the world. So that it may well merit our regards to enquire into the *Nature* and *Reason* of a drink endeared unto us by so great a repute, as the *General usage* of the *Nobility* and *Populace* of both *Sexes*, and the *Authority* of the learnedst and most observing persons can give it.

It

It is so generally used in the *Spanish Colonies* of the *West-Indies*, by the *Natives*, and other *Inhabitants*: that it alone makes up both the necessary provision for their *sustenances*, and their *delicacies* for extraordinary entertainments for pleasure. This is confirmed by the general *vogue* of the *Indian writers*: and whosoever shall have read Mr. *Gage* will no longer doubt it, when he shall find, besides the particular Chapter, in which he designes a special account of it, (most of which is transcribed out of *Anton. Colmenero de Ledesma*) how at sundry times he was treated therewith by way of a magnificent collation: and, being to travail, he makes a store of *Chocolatte* to be as important a care, as any for a journey. In *Spain* it is drunk all Summer, once, or twice a day; or indeed at any time, by way of entertainment: for however *Physicians* there endeavour to confine the people to Rules, yet is it generally drunk without regard to any: and it is there, as well as in the *Indies*, all the year long. It is drunk, by the allowance of the *Physicians*, once, or twice each day: and by the prevalence of *custome*, as often as there is occasion for entertainment, or that one is tyred through business, and wants speedy refreshment. There is a controversy about the convenience of taking it in Summer; since *Anton. Colmenero* disallows it beyond *May*. But others, as learned and observing as he, permit it all the year: and for Experience

B 2

(which

(which he takes notice of) they vouch the general practise of *Sevil*, both of the King, Court, and City. *Nobis videtur consultissimum omni estatis tempore potionem sumere Chocolatis. Et, si ad comprobationem valet Experientia, hoc in communi vita civium Hispanium (cum sit hæc calidissima regio) ita feliciter sentitur ab omnibus, ut illo carere sit apud illos infelicitas major.* Et huic accedit, quod illo tempore sit hominum natura laxa maxime, & fere dissoluta: & si verum fari licet, neminem per hæc tempora video a Chocolate abstinere, neque inter intemperantes Proceres, neque temperatissimos Hispaniæ Reges, nec mediæ fortune cives. Et nobis certe videtur, nullo magis tempore, quam estate prodisse Chocolate. I think it most fit to take Chocolate all Summer long. And, if we recur to Experiments, this is the general practise of the Inhabitants of *Sevil* (which yet is a most hot country) so that they count it a great misfortune to be deprived of it. Besides, at that time of the year, our bodies suffer a greater exolution of Spirit, and are more relaxed in their Pores, then at other times. And, to speak the truth, at this time of the year, I observe, that neither the most intemperate Courtiers, nor the most temperate Kings, nor vulgar Citizens do refrain it. And I think it never more necessary, then at that season of the year. To evidence further the prevailing use of Chocolate, we are to know, that in *Spain*, aswell as the Indies, people

people will not refrain it on *fasting-days*; and it is become a *Case of Conscience* managed with more then ordinary contests, Whether the taking of Chocolate be a violation of Ecclesiastical Fasts? The *Moralists* and *Physicians* divide upon it: nor is there one considerable Argument produced for the necessity of taking it on *Fast-days*, and so of reconciling it to Ecclesiastical Fasts, but that of *custome*: which how *authentique* an argument it is in this Case, I leave to the disputes of others; being content to have proved the universal *acceptation* of this drink amongst the most sober and *wisest* of men.

CHAP. II.

Concerning the Composition of Chocolate.

Being now to speak more particularly of Chocolate, to prevent ambiguities, I must tell my Reader, that however I have in the foregoing Chapter spoken of Chocolate as a drink, accordingly as it is ordinarily mentioned by Writers, and in vulgar speech; yet now I shall speak of it as a *paste*, or *mass*, made into *cakes*, *lumps*, *rouls*, *lozenges*, or enclosed in *boxes*, (as it pleaseth the worker to make it up) which is to be dissolved in the water, and so makes but a *part* of the potion, or drink, yet is ordinarily termed Chocolate, though not without some impro-
priety

priety of language, if we credit the already-mentioned derivation of *Chocolatl*.

The Indians, as they in all things almost affect a simplicity, so in the making of *Chocolata* they did not multiply Ingredients; and cared rather to preserve their health, than to indulge their palates: of which they have been so sollicitous, that, had not the *Spanish* luxury and curiosity varied its composition with multiplicity of mixtures, either we had never been acquainted with this drink, or we must have been contented to be treated, as the invincible *Cortez* was by *Motezuma*, the last and most illustrious King of *Mexico*. *Bernaldus del Castillo*, one of *Cortez* his Souldiers, relating his own exploits under that famous General, in his Chapter entituled, *De la maneray persona del grande Motezuma, y de quan gran Señor era*, makes report of the stately Banquets of that Prince; and adds, *Trianle frutas de todas, quantas avia en la tierra, mas no comia, si no mui poca, y de quando en quando: trajan unas como copas de oro fino, con cierta bebida bucha del mesmo Cacao, que desian era para tener acceso con mugeres, (en este lengua se habla) enforces no miravamos en ello mas lo que yo vi, qua trajan sobra cincuenta jarras grandes bechos de buen Cacao, con su espuma, y de lo que bebia, y las mugeres le servian al beber con gran ocano: y al tiempo del comer le assistian algunos Indios, truanez que le desian gracias, y otros que le cantavan, y bailavan,*

per

por que el Motezuma era mui aficionado a placer; y aquellos mandaua dar de los relieves, y jarros de Cacao. That is,

They brought in the several sorts of fruits, which they had in their Country, but they eat but a very little of them, and that but leasurely, and at intervals: they brought some in cups of fine gold, with a certain drink made of the *Cacao* it self, which they said was effectual to provoke lustful desires towards women (as they told us in their language) in which we admired nothing more, then that they brought in above fifty great jarrs made of good *Cacao*, with its froth, and that they drank it, the women serving them with a great deal of respect: and when he [*Motezuma*] did eat, several Indians stood by him, which gave thanks, and others, which sung to him, and danced before him, *Motezuma* being much given to pleasure: and he commanded the reliques of his feast to be given away, and the jarrs of *Cacao*.

And a little after he saies, *Luego comien los desu guarda, y otros muchos sus serviciales de casa, y me parese, que sacavan sobre mil platos de aquellos manjares, que dicho tengo: pues jarros de Cacao, con su espuma, como entre Mexicanos, se base mas de dos mil, y fruta infinita. That is,*

Afterwards his Guards, and other servants did eat, and, I think, they had above a thousand dishes of the aforesaid delicacies.

After which they had brought to them jarrings of Cacao, with its froth, according to the Mexican fashion, to the number of two thousand at least, besides an infinity of fruit.

Here is no mention of any thing, but jarrings of Cacao together with their froth: which could not have frothed so, had they not been preparations of Cacao nuts made into a *paste*, and reserved in *cakes* for the sudden use of a thousand cups; they were dissolved in water, and frothed by agitation of the *molinet*: for without such agitation the Cacao would not froth, nor would it continue in a froth, unless that some of the meal of Indian wheat, or Maiz made into *Atolle*, were mixed with it. And this I find to have been

^b Hernandez
L. 3. c. 46.
the first composition of *Chocolata*. ^b In acute diseases to assye heat and fervour, and in hot distempers of the liver, they gave

the Cacao nut, punnedg and dissolved in wa-

ter, without any other mixture. In case

what this Po- of the bloody flux they mixed the said nuts

cholt should cholt should with a gummi called *Olli*, and so cured

be, if it be not Maiz (there them miraculously. Nor did they acquiesce

being as great in simple preparations of the said Cacao nut;

Kingdomes in they took of Cacao nuts, and a grain called

the Indies) or names, as ^c *Pocholt*, of each an equal quantity, & grind-

^c *Paniso*: both Kingdomes in ed them together in equal proportions; and,

which I find to have been put into the Chocolata of old,

when they used it, they took that *paste*,

and dissolved in an earthen vessel, and agi-

tated it with a *molenillo*, till the more oily

parts and fatty did swim on top: then did

they take of the said undulous part, and put

to

to the rest some meal of Indian wheat, and having reduced it to a potable liquor, they did remix the *oyl*, or fat, taken off before, and so drunk it luke-warm. And this is the *Chocolatl*, of which Hernandez speaks, and calls peculiarly by that name in his Chapter concerning *Cacaua Quabuitl*, or the Cacao-tree. And that this was the primitive *Chocolata* seems evident from what ^d *Benzonus* ^d *Benzonus* l. 2. says, who lived there amongst the first Planters. He travailed through the Kingdom of Nicaragua, and observed, that they made a certain cooling-drink of the Cacao nuts: they grinded the nuts into a *paste*, and, when they used it, they dissolved it (being pouder'd) and milled it, tempering it by little and little with water in an Indian cup: and sometimes they added a little pepper; and this was their ordinary drink; which they did drink themselves, and gave to wearied travellers, as well as to the sick. This they offered to *Benzonus*, and when he with an abhorrency refused suck a drench, they admired, and laughed at him. But certainly it was not improved to any deliciousness of taste, since he saith it was bitterish, and that it was more fit to be *hogs-wash*, then drink for rational men. The same may be collected from ^e *Acosta*, who saith, that ^e *Histor. Ind.* ^f *chiefest use the Indians make of Cacao is in l. 4. c. 22.* a drink, which they call *Chocholate*, whereof they make great account in that country, foolishly, and without reason: for it is loath-

some

Mr. Gage, som to such, as are not acquainted with it, having a skum, or froth, that is very unpleasant to the ordinary taste, if they be not very well conceited thereof; Indians of Guatemala, yet it is a drink very much esteemed amongst them (ch. 19.) the Indians, wherewith they feast Noble-men as that they pass thorough their country.

poor simple

Chocolatte, without Sugar, or any compounds, or of Aтолle, untill their bellies be ready to burst. And in the same Chapter, a little before, he says, they call their neighbours to Chocolatte, and finish an house without any charges, more then of help them, which they minister in great cups of above a pint, not putting in any costly materials, as do the Spaniards, but only a little Anise-seed, and Chile, or Indian pepper: or else they half fill the cup with Aтолle, and pour theron as much Chocolatte, as will fill the cup, and colour it.

This is that original *Chocolata*, to the use whereof the Indians were brought, not by any delicacy of the tast, but evident testimonies and sense of its great utility. *Hujus portionis longa experientia satiati, utilibus admoniti*; so saith Dr. Juanes de Barrios, who lived there immediately after the conquest; as also did Hernandez, and Benzonius, and Acosta.

It is then clear, that the Indian ordinary *Chocolata* was made of the Cacao nut, and meal of Indian wheat, and water, and Po-
cbolt, and now and then some Pepper called *Chille*, which was put in, more, or less, according to the necessity of the Patient's stomach, or other circumstances: So that they made divers sorts of it, some hot, some cold, some temperate, and put therein much of that *Chili*, or *Chille*. So saith Acosta in the place

place above-mentioned. And I observe, that Hernandez, though in the making up of *Chocolatl*, where he speaks of the composition of it, (which is to be supposed the ordinary one, because absolutely and indefinitely mentioned there) he add no more Ingredients, then I have already mentioned, yet in other places he tells us that for weak, ^{f Hernan. l. 2.} phlegmatique, and windy stomachs, they added *Xochinacaztli*, or your ^{g Gage calls them} *Orichelas*: so they added *Tlilxochitl*, or the ^h *Vaynillas* ^{b Id. l. 2. c. 17.} for the like ends, and to strengthen the brain, and womb. To give it an adstringency, and to strengthen a stomach debilitated, and prone to a flux, or *diarrhea*, they added ⁱ *Achioltl*, or *Achiote*. So, in case of cold ^{j Id. l. 3. c. 41.} Stomachs, and Phlegmatique Obstructions, they added ^k *Mecaxochitl*; which *Anton. de Ledesma* and *Gage* call *Mecasuchill*: and *Paulus Zacchias*, *Mecacuce*. And, in case of Coughs, they added ^l *Topeyantli*. But, besides these drinks, confessedly owned by Hernandez under the name of *Chocolata*, there is another, which however it be not reckoned as a sort of *Chocolatl*, but distinct from it, yet was it made of *Cacao* nuts, and seems to have been a leading drink to the *Chocolata* now in use: and it is called by Hernandez the ^m compounded *Atatexli*. The simple portion of *Atatexli* is made of one hundred *Cacao* nuts, crude, or prepared, and beaten well, and so mixed with as much prepared *Maiz*, as can be taken up betwixt both hands

^m Id. l. 3. c. 45.

hands joyned together. *Compounded Atatexli* was made by the addition of *Mecaxochitl*, or *Mecasucbill*, *Xochinacatzli*, or *Orichelas*, and *Tlixcochitl*, or *Vaynillas*. These were powdered, and mixed with the rest afore-mentioned Ingredients of simple *Atatexli*, and being well milled, they powred them out of one vessel into another, lifting it up on high, that so it might richly froth, and the more fat and oily parts swim on the top, and render it more pleasant. This Potion was not used for sustenance alone, or as a drink invented by an enforcing necessity, but, out of a luxurious designe, to provoke lust: whereas the simple *Atatexli* did refrigerate.

I must beg pardon of my Reader for representing so imperfectly the aforesaid Indian drinks; for the *Mexican Herbal* is so defective, as it is published in *Latin* (for the *Spanish* is incomparably better, if I may judge thereof by some citations, I have seen) that I have the satisfaction by omitting nothing that is material in that book; that whosoever, with no greater helps then I have, should engage in the same affair, would not discharge the employment better then I have done.

When I consider the aforesaid compounded *Atatexli*, and compare it with the present compositions of *Chocolata* at this day recorded, I cannot think, but what we use at present is the descendent of that *Atatexli*, and

and not of *Chocolatl*: for the Ingredients are *Cacao-nuts*, *Mecaxochitl*, *Orichelas*, and *Vaynillas*, are the same; the manner of using it the same: and, at this day, the Indians and Black-moors ⁿ do mix *Maiz* with ^{n Gage c. 163} their *Cacao-nuts* in the grinding, putting in withall *Achiote*, *Anise-seeds*, and a few *Chiles*, or red Pepper.

And, now I come to speak of the present ways of making *Chocolata*, I shall represent those ways, which are authenticated by Physicians; and among these that of *Antonio Colmenero de Ledesma* first occurs.

o To every hundred nuts of *Cacao* he put ^{o Gage c. 16.} two cods of *Chile* called long red Pepper, ^{Piso in Manc.} one handful of *Anise-seeds*, and *Orichelas*, or *Orejaelas*, and two of the flowers called *Mecasucbill*, one *Vaynilla*, or instead thereof (if the party were costive) six *Alexandrian Roses* beaten to powder, two drams of *Cinnamom*, twelve *Almonds*, and as many *Hasel-nuts*, half a pound of *Sugar*, and as much *Achiote* as would colour it.

Paulus Zacchius in his *Italian Discourse* about *Hypochondriacal Melancholy* doth propose this way.

P Take twelve pound of *Cacao* nuts finely ^{P Piso in Manc.} powdered, of *Cinnamom* finely powdered ^{Aromat. c. 175.} one pound, half a pound of *Anise-seeds*, six *Vaynillas* finely powdered, four handfuls of the flowers of *Mecacuce*, or *Mecaxochitl*, of *Maiz* three pound, one pound of

of *Aionzoli* (or half a pound of sweet Almonds) bruised and well beaten, of *Achiote* half an ounce, of Sugar four pound, or as you please.

Instead of *Mecaxochitl*, and the *Vaynillas*, he allows to substitute one Nutmeg, and twelve Cloves. Out of these he bids us frame a mass.

Besides these Prescripts, other Receipts put in other Ingredients with a great variety, and difference one from the other : some put in a proportion of *black Pepper* ; some of *long Pepper* ; some retain that of *Chilli*, or long red Pepper; *Cinnamom*, *Cloves*, *Almonds*, *Hasel-nuts*, *Orejuela*, *Vaynillas*, *Musk*, *Amber-grease*, *Orange-flower-water*, are things usually put in, or omitted ; as also *Nutmeg*, *Limon* and *Citron-pill*, *Cardamoms*, *Fennel-seeds*, *Chymical oys* of *Nutmeg* and *Cinnamom*, and the most delicate Spice called *Jamaica-pepper* ; nay and *Achiote* too is sometimes left out, or changed for *Santal*s, according to the devise of the *Chocolata-maker*, or particular exigency of the Patient's disease.

In the common *Chocolata* sold so cheap

^g They are there is not any thing, but eight ounces of but pitifully the Nuts ^q prepared, and powdered, seven prepared, for ounces of Sugar, and one ounce of Spice; they cannot *viz.* half an ounce of *Cinnamom*, two afford to pick drams of *Jamaica-pepper*, or other Pepper-nuts, nor to scarce them : for they sell it in the *Chocolata-seller* for two shillings, or half a crown, each pound ; the Dutch for eighteen, nay twelve pence: nor do they know the difference betwixt one sort of nut, and another.

per :

per, and as much of *Cloves*, *Nutmeg*, and *Limon-pill*, some colour it with *Achiote*; some decline to do so, some put into each pound, to make it extraordinary, six grains of *red Pepper*, or *Chiles*. The *Jews* at *Amsterdam* put in *Beak-flower* usually, instead of *Maiz*.

In the making of it up these Directions are given by Mr. *Gage*.

The *Cacao* and other Ingredients must be beaten in a mortar of stone, or (as the *Iadians* use) ground upon a broad stone, which they cali *Metal*, and is only made for that use : but first the Ingredients are all dried, except the *Achiote*, with care, that they may be beaten to powder, keeping them still in stirring, that they be not burnt, or become black : for, if they be over-dried, they will be bitter, and lose their virtue. The *Cinnamom*, and the long red Pepper are to be first beaten, with the *Anise-seed*, and then the *Cacao*, which must be beaten by little and little, till it be all powdered: and in the beating it must be turned round, that it may mix the better. Every one of these Ingredients must be beaten by it self, and then all be put into the vessel where the *Cacao* is, which you must stir together with a spoon, and then take out that paste, and put it into a Mortar, under which there must be a little fire, after the Confection is made : but if more fire be put under it, then will warm it, then

then the unctuous part will dry away. The *Achiote* must also be put in in the beating, that it may the better take the colour. All the Ingredients must be searced, except the *Cacao*: and, if from the *Cacao* the dry shell be taken, it will be the better, where it is well-beaten, and incorporated (which will be known by the shortness of it) then with a spoon (so in the *Indies* it is used) is taken up some of the paste, which will be almost liquid, and made into Tablets, or else without a spoon put into Boxes, and when it is cold it will be hard. Those, that make it into Tablets, put a spoonfull of the paste upon a piece of paper, (the *Indians* put it on the leaf of the plant in the tree) where being put into the shade, (for in the Sun it melts, and dissolves) it grows hard: and then bowing the leaf, or paper, the Tablet falls of, by reason of the fatness of the paste; but, if it be put into any thing of earth, or wood, it sticks fast, and comes not off without scraping, or breaking.

I never saw any *Chocolate* made up in a *mortar*, my self; nor do I understand how the mixture can be accurately made therein. Some beat the Spices severally in a *mortar*, and searce them curiously: but, as the vehement agitation of the pestle doth dissipate the more subtle parts, (and it is long in doing) so it doth not equally break them into small particles, notwithstanding their

their passing the searce: I conceive it a much better way, to beat the greater Spice grossly, and afterwards to mix the *Vaynilas*, cut into pieces, and dried, and so to grinde them on a stone-table (such as are made on purpose to make up *Chocolata*) and so with less trouble, and less dissipation of Spirits, and subtle parts, (a gentle fire being under) will they grinde to an impalpable Powder, (each acting upon other in the grinding, as well as being pressed by the iron rowler) and, besides that, mix most accurately. The Spicery being thus prepared, the *Cacao* nuts are dried either on a digesting furnace, or in a kettle over the fire, stirring and turning them carefully, that the nuts may so dry as to shell, but not to burn: for then the *Chocolata* will be bitter. Being pill'd, or shell'd, the nuts, being cold, will beat to a powder, which you may searce, (as you do the Spice) which is the best way, and practised by the best *Chocolata*-makers in *Spain*, and by my self always. The *bulles* also, many of them, are beat by themselves, & mix'd afterwards with the nut, and Spice, to compound *Chocolata* ordinarily in *Spain*, and by many in *England*, to make the common *Chocolata*. And Mr. *Gage*, and *Piso*, whilst they say it is better to leave out the *bulles*, leave us to conjecture, that many put them in all. Having thus prepared the Spicery, and Nuts, they are to be mix'd, and grinded on a table, with a gentle fire under

it. In the working, if the fire be too hot, the Nuts will run into too great an oylineſſeſs, or diſſolution of the fatty parts, and the *Chocolata* will not keep any time. If it be too cold, it will not work, but ſtick to the rowler. From whence we may judge of the

It doth also work blacker be beſt: for on a thin iron-table it is im- on an iron-table poſſible to preſerve an equal heat, and con- be: but who ſequently ſome parts of the *Cacao* nut will preſfers a be reduced to too great a diſſolution and ſtone-rowler, unctuousneſſeſs, and others to too little: and before an iron one, muſt this inequality muſt needs occaſion an une- never have equal mixture of parts, and conſequently a undergone trouble of propensity to corrupt: beſides that they working with are enforced to make it up too ſoon (it the former: growing too oylie) before the parts are e- which is qually mix'd. But under a thick ſtone-table much greater each degree of encreaſing heat is ſoon ob- then with an iron one; as ſerv'd, and remedied. I muſt also add, that far as I could an iron-table works the *Chocolata* blacker, ſee: nor was then doth a ſtone. the *Chocolata* better.

CHAP. III.

An enquiry into the nature of the particular Ingredients, whereof Chocolata is made.

The *Cacao* nut, as it is the principal and conſtant Ingredient in the composition of *Chocolata*, ſo it meriſt an exact enquiry into its nature: for it is by it, that we are mainly

mainly to give an estimate of the nature and effects of the whole Compoſition.

The *Cacao* nut (if I may ſo call it, and not rather the ſeed of a greater, but diſregarded fruit) is a Nut bigger (or as big) as a great Almond, which grows upon the *Cacao*-tree, and ripens in a great huſk, wherein ſometimes are found more, ſometimes leſſeſs *Cacaos*; ſometimes twenty, ſometimes thirty, nay fourty, and above. The tree is call'd by the Indians *Cacaua Quahuitl*, it grows (wilde in the moist grounds of *Guatimala*, and *Nicaragua*; and by plan- tation elsewhere) to an indifferent height, equal to our largest Plum-trees in bigness; it abounds in foliage, and the leaves are sharp-pointed, compar'd by ſome to the leaves of a Chesnuts, and by others to the leaves of an ^a *Orange*. It bears a great Flower, ^b *Pifo*, and of a Saffron-colour; which fading way, ^b *Hernandez* there ſucceeds a large fruit call'd *Cacaua- centli*: when it is ripe, it is as big ^c as a Musk-million, as thick, and as weighty; if compares we may believe *Pifo*, and *Hernandez*: them to ^c *Benzonitis* Cil- though others think the comparison too cumbers for large, ſince (in *Jamaica*) they are not ob- size: *fructus A- mygdalorum* ſerv'd to exceed the bigness of a large Pear. ^{speciem refe- rens, siliquis} But there are ſeveral ſorts of *Cacao*-trees, ^{quibusdam ve- luti curcurbitis} (and their Nuts diſfer more or leſſeſs in fa- culty) ſo that diſference of trees and ^{includit} ſoils may occaſion the diſcrepancy of Au- ^{craftitudine &} thors. Within this putaminous huſk, or *latitudine cu-* large fruit, by the *Cacahuatl*, or (as the *cumeris* ^{large fruit, by the *Cacahuatl*, or (as the *cumeris*} *Spa-*

de Ludovicus *Spaniards* corruptly call them) the *Cacao* *Lopes t. 2. In-* nuts, being about the bigness of Almonds, *struct. confc. c.* *112. calls it* each of them enveloped in a slimy sub-*Checa* And stancé, and film, of a Phlegmatique com-*Piso* in Latine plexion, but of a most relishing tast: which *Cacacius. Ben-* the women love to suck of from the *Cacao*, *zonus* saith, it is usually finding it cool, and in the mouth dissol-*call'd by the vng* into water. Under which is another *Indians Ca-* shell, which, when bak'd in the Sun, some-*canate.*

which, when bak'd in the Sun, some-*what* resembles the colour and substance of a Chesnut-hull. Under that hull is lodged that nut, which is the most pretious com-*modity* in the *Indies*, as *Acoita*, and others tell us, and which makes up caiefly our *Chocolata*. It is of a colour like to the out-*side* of a Chesnut, and divided into several

This is the comparison used by Piso, scissures, and pieces, as is a *cow's-kidney*, but yet joyned together, and in those small divisions (after dying) there seems to re-*semblance* is main some little Reliques of a Phlegmatique not very moisture, which often degenerates into an hoarines, and at last ends in the final sorts of Nuts. corruption of the Nut. It is of such a sub-*stance*, that being dried on a digesting for-*nace*, or pan, it will beat to a fine powder: being laid on a stone, or table, the least warmth makes the said powder dissolve into an oylienes, or fattyenes instantly; and it will alone work into a paste, without any inter-*mixture*, and keep a year. Which paste well made up alone (or with *Pocholt*) was, I pre-*sume*, all the *Chocolata*, that *Motezuma*, and the antient *Indians* had, then dissolving it in

Atolle.

Atolle. It will beat into a Powder, and so may be remix'd with new Ingredients of spicery, and sugar, to make the more delicous *Chocolate*. I took a quantity of it (being exquisitely ground) and dissolved it in hot water, and having let it stand a while by the fire to dissolve, I milled it, (without the mixture of any thing, but pure *Cacao* paste, and water) it frothed moderately, but the froth was but of little continuance, and, being suffered to cool, it gathered like fat (both in colour, and substance) on the top of the most fat broths, or portage, to a great thicknesse: but when it came to be cold, however it had before a resemblance rather of fat, then oyl, it gathered into a resemblance of cream; and indeed it had just such a consistence, but the colour was yellowish. To the bottom there did settle a great quantity, which I took, and tasted of: and I found it to tast just as *Almond butter* exactly, as to its *unciuousnesse*; but it had the bitterness, which is proper to the *Cacao* nut. The water it self beneath the cream was reddish, and after I had purely taken of the cream, it had not only a fatty tast, but taking some out, and bathing my hands in it, I found it extreme fatty. I took that Setling, and heated it in fresh water till it began to boil, then I milled it again, and let it stand to cool: it was at first extraordinary fatty; then, being cold, it yielded its cream, and a red shining *Cacao-*

C 3

butter

butter (as I may call it by an allusion to Almond butter) and a coloured fatty water , as before ; only with this difference, that the Cacao butter seemed a little less unctuous, and not so perfectly to dissolve, and glide off the tongue, as before. Which put me upon another Experiment of decocting, and milling it, till I might extract all the fat out of it, and discover the nature of this Setling ; if it might be so *terrestrial*, and *obstructive*, as some imagine. I heated the aforesaid Setling in fresh water, and milled it well ; and instead of cream (though the water, as it cooled, shewed signes of a great fattiness) there did gather on the top a thin covering or *yeas* (if I may so call it) of fat, such as will rise on *mutton pottage* not too fat. The water proved unctuous to my hand, as before, but the Setling had no longer the fineness, and melting taste of Almond butter, but seem'd as if it were not finely powder'd, and besides its bitterishnesse, to have an evident piercing adstringency. From whence I concluded, that it could not be obstructive, but opening, and that when the fatty alimentous parts were distributed for nourishment, the others (as before they seemed to corroborate the stomach, and promote digestion; which things moderately bitter and adstringent do : so now they) open the obstructions, promote concoction in the several guts, and go away in stool : which is the excellency of bread corn, that the bran doth

doth promote the appetite, and digestion, and keeps the body open, and is more healthy then Manchet, and it is mix'd by many with succeſſe in *Diet-drinks* to this end.

And it is further observable, that in this Experiment, whereas the Nut it self, and the paste of Cacao, and the Cream, and the two first Setlings (yea, and the Fatty water) did by their burning give more or leſſe visible testimonies of their *unctuous nature* in their flames, the last greasy and incoherent Setling would not burn at all in flames. Besides, during the reiteration of these Experiments, (which was a fortnight) there never appeared any *augmentation* of the cream by standing beyond a few hours ; nor no alteration in it by standing *sundry dayes* : the cream, the water, the Setling were still the same, as to consistence, colour, and taste : it never, as to any part of it, sower'd in a fortnight's keeping, nor gave any sign of corruption, though, during that time, I boiled, and milled the same decoction several times, and upon any fire to heat it I observed that Setling to arise, and incorporate with the rest, the cream dissolving ; as Urine, when turned at the fire : and when it cooled, it did reſetle before ; as the said Urines do in like case. At the same time, as I tryed sundry Experiments with paste of the one lump, I observed, that, having boiled the water,

and dissolved the *Cacao paste* in it, and milled it but a little: though upon cooling it seemed very fat, yet did it yield but little cream. Another part, that was well milled, and yielded as much cream, as covered the pipkin all over to a moderate thickness, being skimmed, and milled, and cool'd, and creamed again, I took it, and heated it till it began to boil, and then poured it out of the pipkin instantly, and it came out so clearly, and without any reliques of water in the pipkin, as water doth usually glide off oyled cloth, or other vessels, when cold water is powred on cold grease. And this happened upon three tryals, the water being thoroughly undiuous by being twice or thrice heated, and milled (for else it succeeds not:) and to make it more conspicuous, in several parts off the pipkin I could observe some little remainders of the water slide off in round globes, or corpuscles, as it will do off oyled cloth, or greased vessels.

From whence I thought I might collect a reason, why the farrynesse of the Nut doth not annoy the stomach, being taken in drink, as other fat, or oyl will: for it exactly commixs with the liquor, and swims not on the top: (in these last Experiments it was never milled; but, having been milled some dayes before, and cooled in the pipkin, it was again heated, and stirred with a spoon a little, and powred out) and if, as it cools,

part

part of it seem to ascend, yet doth not that all condense into cream: but the water under is fatty; and as it is hot, and boils, it is still so (as appears by this Experiment:) which happens not so in other fat broths. Thus, the undiuous parts not floating (as in fat, or butter, dissolved in posset drink to provoke, or help vomits) on the top, and the bitterish and adstringent parts by a little heat commixing with the other, it must be a very great repletion can make *Cacao paste* offensive to the stomach, and its orifice.

I took also *Cacao paste*, and dissolved, and milled it well in cold water; and it did froth, and upon standing yield a cream in as great a proportion, as that did, which had been dissolved in hot water, and well milled: the cream was yellowish, and inflammable; the setting was just as to a sour, and taste like to the other: saving that, drinking of it before it settled, I found it to be nauseous to the stomach; so as I, who hitherto never distasted any thing I had a mind to take, could not much relish the drinking of it: nor that it was vehemently cold to the stomach, but that the fattynesse of it made the water unpleasant being cold: and it had also a rawishnesse in it, as if the fat required boiling, or further Cookery; which yet I felt not upon eating either the nuts, or paste of *Cacao*. Or else it was because that the warmth of the water causeth a more absolute commixture

commixture of the parts, which may prevent, as well as of those, which may cause nauseousnesse. Or it was because that many things may be taken hot without offence, or distast, which cannot be so, when cold: the heat of the *vehicle* either correcting the potion, or corroborating the stomach.

I took also some simple *Cacao paste*, and put it into cold water, and set it on a gentle fire, stirring it with a spoon till it was dissolved: I suffered it to boil gently, and kept it all day in such a posture, that it did either boil, or continued boiling hot, but rather the latter. After it had stood seven or eight hours, during which time I observed the Decoction to grow extraordinary oily, and to fill the spoon with a water so thick, that I thought it was transformed all into fat, and oil: it appeared all full of globous corpuscles, as if it had been oil broken into parcels: but these Corpuscles did never embody into greater quantities, nor commix upon agitation; yet by long digestion I observed they grew to a larger size, yet would not commix: there being besides them a distinct fattiness to be seen. And in the end, I perceived a new body to discover it self in great quantities; it was not globous, but flatish; and for colour, and taste, and nature participated more of mutton fat, then any thing else. It was of colour yellowish, inclining to white: and had little taste of the *Cacao's* bitterness, or *stringency*.

stringency. These fatty Particles I could not get to embody into one, or more bigger bodies: though I could agitate them with a spoon (for I never milled them) into lesse; yet did I perceive, that some of them were bigger then others, and at last some of them did enlarge themselves into a size as broad as a Groat, and of an indifferent depth, or thicknesse: yet could I not stir these into one or more bigger masses. Whereupon I set it to cool: and it was long before these bodies of oil, & fat, did harden, and disappear out of their former shape: so that I thought I had resolved it into Oil, since no Cream was to be seen. But being called away by business (which permitted me not the leasure to observe the minute changes in this reiterated Experiment) at my return I found several whitish, or pale-yellowish bodies like to Fat swimming on the top, there being no Cream, nor other body to overcast the top, and hinder their free floating: some were bigger, thicker, and broader, and longer then others, and of no determinate Figure. They were very solid, and melted on the tongue totally, as Fat, or Butter would, or Clarified Deer's-suet, to which they were equal in hardnesse: they had (as I and others judged) a farewell or relish of the *Cacao* at last upon the tongue. So that I observed, that no dissolution could totally separate its bitterishnesse, and little piercing *adstringency*, which is peculiar to the

the Nut : and consequently it could never easily become offensive , or obstructing. The Water or Decoction was fatty, and had a deep red tincture : and the Setling as it was deeply red, so it had little of Oiliness, or resemblance of Almond butter ; but it was attended with a roughnesse, or sensible inequality of parts, the unctuousnesse being almost as much extracted from this Setling, as from that, which had been Decocted, and Milled in several Waters ; of which I already spoke. I could see no tokens of what carried, whilst it was hot, the appearance of Oil. Having shewed it for several dayes to divers persons, I heated it again, and instantly the said hard Fat dissolved, the Setling did remix with the rest of the Liquor : and I had a Decoction of a most deep red, and swimming with large Fatty, and Oily Particles: I caused it to be well milled, and setting it to cool, the said large innatant bodies, resembling a Solution of Fat in Water, and parcels of Oil, were dissipated, and broken, or so incorporated with other Corpuscles, that I could get very few, and those very very small pieces of solid Fat : (the same happened in compound Chocolata) though I had before had lumps, that might weigh ten or twelve grains. But there did gather on the top a skin, or cuticle (very thin) though the body of the water and top did shine with a visible Fattishnesse ; and powred out of the pipkin with such an unctuousnesse, or

or oiliness, being scalding hot, that nothing did, or would stick, or otherwise, then glide off, as from oiled cloth, which it doth not, when powred out cold. Of fat, it was not hard, but having an affinity with the usual cream already mentioned in other tryals, but proportionate to the fat dissolved : and the setling seemed to me more unctuous, then before, and like Almond butter.

I have not time to multiply reflections hereon, but whosoever shall set himself to observe the dissolution of Cacao paste, or Chocolata cakes, according as they are milled in water, or not milled ; and according as they boil, and not boil therein ; and according as they gradually dissolve on a quick or leasurely fire, will finde a great diversity of parts, occasioned by the different texture of them : and shall finde both colour and taste to vary several times (especially in the Compound Chocolata) to his amazement. I shall conclude with one tryal more ; The powder of Cacao paste tastes very fatty, yet (according to variety of nuts) it dissolves with the least heat on a stone like butter : but a great heat dries it, and leaves a red, bitterish, and astringent powder behind. I took also of the said paste, and heated it on a fire shovel ; and if at first it melted with a gentle heat, it did evaporate away its oily parts by a more violent one : and smelling to the smoke arising from it, I had my smell affected with such a nidor, as issues from fat, when

when broiled on the coals, but milder. These circumstances of its fattiness, and oiliness, and of its nidorous exhalations being burned, do very much recommend the Nut for a very nutritive thing. Its dissolving by the least fire, or warmth, argues its facile digestibleness. Its easy concretion evidenceth its promptitude to be assimilated into nourishment of the parts. And its nidorous vapour, being burnt, proves, that it carries with it (if any can doubt this, that sees the Oil, or Fat, swimming in the pure Cacao decoction) at least a potential fat, and is a greater elogy of its symbolizing with our bodies, then it is for Bread, that by Chymical digestion it should in time be converted into blood, as some tell us.

But to improve this Argument from reason a little, it is the general usage of the Indians, and Indian writers, which is no lesse, then the testimony of uncontrovected Experience, that this Cacao nut is very nourishing: that it is multi nutrimenti, is the assertion of ^f Hernandez, ^{Herb. Mexic.} lib. 3. c. 46. that it doth fatten (being made into Chocolatl by the sole mixture of Pocholt grains) by frequent using it, is likewise avowed by him. Chocolatl paratum ex granis Pocholt, & Cacauatl, aqua mensura, quod magnopere traditur corpora impinguare, si frequentius eâ uti contingat. And Dr. Juanes de Barrios ^g tells us, that, when they used in Guatemala the plain and simple Chocolata, they found it very nourishing. Es comoda

Pues

pues ella sola suple el almuerzo, y algunas otras comidas, por que con ella no es menester, pan, ni corne, ni beber, y en un momento se hace y sacona, lo que no ai en las otras.

In fine ^h Jo. de Laet, ^b tells us, that it is very ^h ^{7. de Laet} nourishing (*præclarè nutrit*) and that the ^{Hist. Ind. Oc.} ^{cid. 1.7 . c. 2.} Indians by the help of Cacao nuts alone do subist all day, notwithstanding their great labour, and heat. Which is a truth well known to our Seamen, and Land soldiers, in, and about Jamaica, that by the help of the Cacao nut made into paste with Sugar, and dissolved in water, neither having, nor wanting other food, they usually sustain themselves, sometimes for a long season; and I have been assured, that the Indian women do so feed on it, (eating it often) that they scarce eat any solid meat twice in a week; yet feel no decay of heat, or strength. All which is purely to be ascribed to the nourishing nature of the Cacao nut, and not to the other Ingredients; since few of them are found endowed with any such quality, nor is there intermixture with the Cacao nut of any long date, the latter of which hath been already evidenced in the beginning of my discourse: and I shall demonstrate the former, before I conclude.

But however that the Cacao nut, being grinded into a paste, and dissolved in hot water, be so nourishing, yet have the Indians and Spaniards an ill opinion of the Nut, to eat it whole, and not in the usual manner of

^f Hernandez,
Herb. Mexic.
lib. 3. c. 46.

^g Dr. Juanes de
Barrios de
Chocolata.

of drink. Which, as it is told me by that ingenious Gentleman, Major Fairfax (who lived long in *Jamica*, and is newly return-
i Gage Survey ed) so it is confirmed by the authority of
of the West-
Indies c. 16. Mr. Gage. ⁱ ' The *Cacao*, if it be not stirred,
grinded, and compounded to make the
' *Chocolatta* ; but be eaten, as it is in the
' fruit, (as many *Criolian* and *Indian* wo-
' men eat it) it doth notably obstruct, and
' cause stoppings, and make them look of a
' broken, pale, and earthy colour, as do
' those, that eat earthen ware, as pots, or
' pieces of *lime walls* ; which is much used
' amongst the *Spanish* women, thinking, that
' pale and earthy colour, though with ob-
' structions, and stoppings, well becomes
' them. Which Observation, if it be true,
makes no more to the prejudice of the *Ca-
caco* nut, then it prejudiceth *Wheat*, *Oat-
meal*, or the like, that being eaten unma-
sticated, or raw, they do create, or increase
the *Green-sicknesse* in maids. I say, if it be
true : for here in *England* the honourable
Robert Boyle can bear me witnesse, that sev-
eral honourable *Relations* of his have eaten
them for several years, and continue to do
so ; in the beauty of whose faces the world,
as much as it is interested therein, can ob-
serve no diminution : yea, they profess it
as a real and experienced truth, that, if at
any time their heads ake, to eat twelve of
those nuts is a present remedy. Another
Lady protested to me, that by the eating of
those

those Nuts, she feels *Hypocondriacal va-
pours* (with which she is much troubled)
to be instantly *allayed*, or appeased. So far
are they from participating of the usual
Malignancy of Nuts, to beget shortness of
breath, *Obstructions*, and *Head-aches*. To the
former Experiencies I must add, that they
are observed to be more *laxative*, then *bind-
ing* ; and that neither *Mr. Boyle*, nor my
self (who did eat two pound once, and
great quantities since on purpose) ever
felt any *heavyness*, or *annoyance* in the *stomach*,
Head, or elsewhere. Nor have I (as nei-
ther do the others) been curious to choose
particular times to

eat them in : but at
all hours, and sea-
sons, *Morning*, and
Evening, before, and
after meals : all day,
as opportunity, or
other circumstances
invited us thereto.

It may be then, that
the *obstructions*, and
*discoloured complexi-
on* of the Women in
the *Indies* either is
fabulous ; or to be attributed to their eating
the *Cacao* Nuts, whilst yet they are not
sufficiently cured from their *excrementitious
moisture*, and *humidity* : or that they eat
another sort of *Cacao* Nuts, then should be

Here I desire to observe, that, though
I have my self many times eaten
great quantities of the *Cacao* nuts un-
reduced to *paste* (as also of the *simple*
and *compound paste*) yet did I never find
my *Stomach* to be fill'd by them (as
if they had *dissolved* instantly therein)
but rather *satiated*, though not *clay'd* ;
which happens not in other *solid food*
taken so : nor could I ever perceive they
did that way *much nourish* me ; though I
did eat at one time beyond any propor-
tion, that I drank at another ; and yet
was fed and sensibly refreshed by the *lat-
ter course*.

used in Chocolata : (for it is a great caution in the making Chocolata, not only, that the Nuts be well cured, and dried ; the older being accounted the best, if not corrupted, and decayed : and that they come from Caracas, and Soconusco, not Guaiacbil, or the like ; but that they be of the sort call'd

^k Hernandez l. ^k Clalcacabuatl especially : whereas they
^{3. c. 46. Gul.} they make Confects of Quaubpatlathli, (or
^{Mant.} Piso in Mant. Patlaxt, which ^m is not so usefull as the
^{Arom. cap. 18.} ordinary, yet is used by the meaner sort.)
^l Hernandez
^{ibid.} Or, if it must be understood of the right
^{m Gage Surv.} Cacao (which they often eat ⁿ roasted, and
^{c. 16.} made into Confects, and their Women fall
^{n Piso in} into Hysterical and Hypochondriacal Distem-
^{Mant. Ar. c. 18.} pers, very difficult to cure ; which is avow-
^{& Anton. de} ed by Piso, as an usual accident there, as
^{Herrera cap.} well as by Mr. Gage) I can only say, that
^{10. Hist. Ind.} it hath not yet happened so here : and that
^{Occid.} however, we ought to remember that old
Arabian Maxim in Physick, *Qui non bene
masticat, odit animam suam* ; 'He, that doth
not chew his food well, is an enemy to his
own life. Of so great Consequence is ei-
ther that salival ferment in the mouth,
which inchoates digestion, being impressed
into the thing chewed ; or the due commi-
nution, and subtiliation of food : it being
well known, that the eating of any meat
in great morsels, and without chewing, oc-
casioneth the inconveniences attributed to
the eating of the Nuts not reduced into a
paste by Grinding. For it is observable, that

the

the Paste of the nut will melt in the mouth
perfectly, if it be well made : but the nut
will not (that I could observe) though well
chewed. And therefore it may seem a just
caution, to weak stomachs especially, that
their Chocolata be made with a Paste ex-
quisitely made, the Nut being first powder'd,
then searced finely, and then carefully
grinded. And then there will be little or
no inconvenience from the eating the Cacao
Nut so order'd, either in Pastills, or Cakes ;
provided the other Ingredients be not
noxious.

I shall now speak of the qualities and
temperament of the Cacao Nut. And indeed
in Taste it is none of the most pleasant,
to those that are not used to it : which
made Clusius say, that, besides its *adstringent*
Taste, it had so *unpleasant* an one, that it
was no wonder, if such as first taste the
primitive Chocolata, care not for it. Of the
same judgment was Benzonius : for which
he was laughed at by the Nicaraguans,
and necessity made him to comply at last
with them in drinking it in that *original*
and *simple* manner. It hath a Taste some-
what *bitterish*, and *sub-adstringent* : and hath
such a mixture of parts, that Authors no
way agree in Charactering its temper. If
we look on the Nut, and taste it without
any other preparation, then that of taking
off the *hull*, one would accord with ^o Ro-
blez ; *El Cacao es frio y seco de su templansa*, 54.

^o De plant.
^{Ind. Occid. c.}

y per esto tienen partes astringentes, con que opila: 'The Cacao nut is by temperament cold, and dry, and therefore hath astringent parts, with which it begetteth Obstructions. Truly that it is dry, seems then sensible: and that it is cold, the universal experience of all, who say it al-

p Hernandez lib.3.cap.46. Acutâ exigitudine laboranibus exhiberi solet ex eo semine parata potio, cui nihil præterea commixtum sit, contemperando estui, & fervori placando, & cœs, quos calida in tempesies hepatis, alteriusve partis rexit.

Benzonus lib. 2. Ex nucleo Cacao sunt sorbitunculae refrigerantes: eam ob causam adeò expetire, ut cum iis quidvis rexit.

Jo. de Laet lib. 6. cap. 2. His. Ind. Occid. Simplex enim potio (sc. fructus Cacao) refrigerat, & nutrit insigniter.

made use of his own judgment, as well as the Narrations of the Natives. He thinks the Cacao nut to be cold and dry in a degree betwixt the first and second. Because he is an eminent Writer, and his Assertions may perhaps suit best with the generality of Physicians inured to old Hypotheses, I shall set down the substance of his judgment as to the Cacao nut.

q Dr. Juanes de Cárdenas lib. 7. De prop. Chocolatis. ' He acknowledges a triple distinction of parts in the Cacao nut; from whence arises a ternary of distinct Qualities in it.

' The first is a cold, dry, earthy, and melancholy

choly substance: which if it prevail above the rest, it produceth Obstructions, and Melancholy, and destroies concoction. The second is airy, hot, and proportionate to butter, which by agitation, and milling, riseth in froth. This he reputes to be hot and moist, and of a lenifying nature, which, whilst it prevails, begets a quite contrary effect: for it nourisheth much, and multiplies Blood, and vital Spirits, and enables men to labour. This butyrous substance doth principally manifest it self in the Cacao nut, when it is indifferent aged, and hath been kept a good while: and is not a little helped in the shewing it self, by being roasted, or heated in a frying-pan, or kettle, before the oil be drawn, or it be made into a paste. The third sort of parts, which he professes to be in it, is hot, and dry, which carries with it a faint resemblance of adustion, which makes it to seem bitterish to the taste. By reason of the latter parts, it becomes penetrating, and conveys the other alimentous parts into the body; it provokes sweat, and monethly evacuations in women, it opens all Obstructions; and these guide the more oily and butyrous parts into the entrails, whereby the body is preserved soluble. This multiplicity of parts produceth several effects in the persons using Chocolate, according as they are healthy, or sick, of a weak or strong stomach, troubled with Obstructions,

or free from them. And much depends on the individual constitution of persons : as also on the Artificial mixture of it into *Chocolata*, whereby the several parts are activated, and vigorated, the butyrous parts set at liberty from the confinement they were under by reason of the *styptic* Particles ; which more appear to sense in the nut, then in the mass : for the former dissolve not off the tongue, (no, not when chewed) as doth the latter : nor hath the latter that sensible astringency, and bitterness (joyned with its unctuousness, and aptitude to melt on the tongue) as the former.

Hernandez (who was principal Physician in the Kingdom of Mexico, and was appointed by *Philip II.* to write Medicinal and Natural Observations in that Province) is at a great loss, what Nature and Temperament to ascribe to this Nut. It is (faith he) *Cacao fructus* made up of different Particles, but very well teneri sunt nu-embodied, and mix'd ; it is something bitter, *trimeni*, *sapo-* something sweet ; and either of a temperate *ris inter dul-* Nature, or a little inclined to coldness, and *cem* *amarum* *medii*, temperie moisture.

Others are of opinion, that this *Cacao* nut is of a temperament inclining to heat, and moisture : and they consider not the nut, as it is entire, or under no greater communion, then what the teeth infer : but as it is grinded into a paste, and (sometimes as) mixed with water, and agitated into froth by

Molinet. And their reasons are ; first, because in the grinding it into paste, and in the working it up, and in the dissolving it in Water again, still there are no visible signes of any thing (if it be well done, and the nuts good) but of parts moderately hot, moist, and unctuous, or butyrous ; there being little or no *terrestrial*, and *heavy*, gross setting whilst it is hot, and when it is milled, it goes all almost into froth, and fat, which proceeds (say they) from an airy, hot, and moist substance, mixing with wind. Another Argument they bring for their opinion from the quick nourishment it gives ; For, (say they, and *Galen* too) that it could not so soon turn into nourishment of the Blood, and Spirits, if it had not a proportionateness, and agreement of temper therewith : for there would be some time requisite to assimilate and change what hath a discrepancy with our Nature, before it could nourish us. But that, which is analogous to our nature, is Balsamically hot, and moist : not cold, and dry ; which are enemies to it.

Gul. Piso resolves the controversies of the *Cacao* nut thus,

Veniamus ad Cacacii Qualitates intrinsecas.
Has equidem ex effectibus, cæterisque indiciis, constat esse temperatas. Substantia ei ex crassioribus simul & tenuioribus partibus composita est prorsus : ut in infinitis aliis vegetabilibus observatum est, diversas omnino sub eadem forma Substantias contineri. Noster autem Caca-

cius in pulverem redigitur primum, & solda mox, etsi frequenti fusione pinxit, & in massam cogitur. Quod cum fiat sine ullius rei admisitione, ratio arguit aliquid esse in eo tenacis & bituminosi instar humoris, Aeris Elemento respondens. Multa insuper eidem, quibuscum suapte natura miscetur, insunt ignea, que necessario incidere atque referare debent corporis meatus, non vero precludere, ut quidam voluerunt: nisi hoc intelligent de crudo, vel tosto, vel Saccharo condito, quo mulieres in Indiis nimium vesici amant, unde uteri, alvi, & Hypochondriorum obstrunctiones incurunt difficillimas. Verum totum hoc oritur, quod interior ejus substantia dentium incisio non exacte comminuitur, nec perfecte commiscetur: requiritur enim artificiosa molæ versatilis contritio; atque tunc demum siquid noxiæ superfit frigiditatis, aliorum calidorum commixtione temperatur, communicata singulis partibus hæc intimæ jus substantie qualitate.

It is manifest by its effects, and other signes, that, as to its intrinseck Qualities, it is of a temperate Nature. Its substance is made up of some subtle, and some gross parts; which sort of mixture is observable in many other products of Nature. This Cacao nut is first beaten to powder, then without any accessional [but a gentle heat on a stone, or iron-table, or mortar] it is worked laboriously into a mass, or paste. Which, since it is done without the addition of any other thing, it is an evident Argument,

ment, that there is in it a tenacious and bituminous Substance. The mixture of other Spicery corrects its coldness; they penetrate, and open Obstructions: so that Chocolata is no way obstructing; however others, by eating raw, or rosted Nuts, or crushed into confects with Sugar, (much used by the Indian women) may fall into tedious obstructions of the Spleen, Liver, Hypochondria, and Womb. For these inconveniencies happen, because it is not exactly grinded, and that the performances of the Teeth and Stomach equal not those of the rowler in grinding, and the molinet in actuating the Particles of the Cacao nut.

I shall reserve the particular decision of the controversie, until I have made a greater inquiry into the nature of the Nut, and its several parts, and have examined myself its several effects in Jamaica, at more leisure: but suggest these present Considerations.

If the Nut be a right good Nut of Nicaragua (or Caracas) and Soconusco (the Nuts of the Islands are not reputed equal to those of the main: & and in Jamaica I have eaten they have but newly learned to cure them; and used as in which there is much art) and so old, good Nuts of as to be at its perfection, not decay'd, and the growth of a darkish red, approaching to black, after it is pilled, it is to Taste, astringent, yet met with, any, I have and a little bitterish; but not very unpleasaut

sant to any, who shall have eaten but a few of them. It will be *dry*, and *hard* to taste, and not dissolve into an *unctuous* liquor in the mouth: though you may easily perceive in a rich nut to the Taste an extraordinary *butyrousness*, though *congealed*, and *fixed* by some particular Principle else. I never could observe any *coldness* in the nut at all neither, on the tongue, nor *stomach*; nor yet any *sense* of *heat*. If the sensible *bitterishness* must argue *heat*, the effects of which are not *further* perceived, because the *unctuous* parts *implicate* and *dull* the *vigour* of the other; and if that the sensible *unctuousness* in the most *dry* nuts, *maugre* the *stypticity*, evinces their *moisture*: yet will any, who eats the nut, be apt to excuse them, who by their taste judge the nut (ungrinded) to be *cold* and *dry* in the *first* and *second* Degree.

I have already shewed, that our Experience in *England* in my *self*, and others, (some being *well*, some being *sickly*) doth not evidence the *Nut* eaten of it self (not reduced to a *Paste* on a stone) to be *obstructing*, or *clogging* to the *Stomach*: and, whereas it is attributed to the *grinding*, and so *commixing* the parts, that it keeps the body *soluble*, our Experience shews, that even the *Nut* eaten produceth the like effect; though by the *taste* one would conjecture otherwise.

Whereas it is said by some, that the *Nut* in

in *Paste* dissolved into water is of an *hot* as well as *moist* nature: I must propose some doubts thereto, since it is so good in fevers, and to quench thirst at other times; and is so repugnant to *cold Stomachs* (a general calamity in *hot Climates*) that the *Indians* and *English* generally are inforced to mix with it either *long Pepper*, or *Jamaica-Pepper*, or *red Pepper* call'd *Chilli*, to make it *supportable* to their *Stomachs*: and Men, otherwise of unquestionable strength, and health, have assured me upon their own experience, that this is *true*. Besides, it is a known *Experiment* both in *Spain*, and the *Indies*, that the *butyrous* and *oily* part of the *Cacao nut*, being taken of, and preserved from the *Chocolata*, or otherwise drawn, is a very great remedy against *Inflammations*, and particularly the *Erysipelas*, or *fire of St. Anthony*. And in such applications it is sensibly *cooling*.

In fine, let men debate eternally the *temperament* of the *Nut*, they, who have ascribed to it *Qualities* altogether *repugnant* to *nutriment*, have never controverted its *incredible nutritive faculty*. It is in this that all agree. It is *multi alimenti*, yields *plentious nourishment*, saith *Hernandez*; who holds it to be *temperate*, or *inclining* to *cold* and *moisture*. *Jo. de Laet* saith of it, *refrigerat, & nutrit insiniter*, it cools, and nourishes exceedingly. *Dr. Juanes de Cardenas* professeth, that it yields *buen sustento*

al cuerpo, good nourishment for the body. And Roblez, who concurs in opinion with the other, that it is *cold*, and, *dry*, declares it to be *summamente alimento*, exceeding nutritive. And Benzonius gives it this Character, *Ea Celia sapore aliquantum amaro satiat, & refrigerat corpus minimè tamen, inebriat*: 'That muddy Drink, or Ale, with its bitterish taste *satisfies*, and *cools* the body, not intoxicating any way the Head. And it is observable, that albeit the eating of *Cullises*, and *Jellies* continually, doth so debilitate the Stomach, that, thorough much use of the former, men become incapable to digest any grosser meats: of the verity of which practical Observation there is a notable instance in *Sanctorius* s of a Student at *Padua*, who, that he might have more time to study, and not be diverted therefrom by any regard of Diet, fed himself only with *Jellies*, and *Cullises*, wherewith he expected not only to be strengthened much, but also freed from the concerns of exercise, and other circumstances necessary for digesting stronger meats; but he afterwards falling sick, and being inured to no other food, then that appertained to sick-folks, whilst he was well; being sick could receive no sustenance at all, and so dyed lamentably for want of food, more then by the violence of his disease: I say, it is not so with the plain *Chocolata*, made of the pure *Cacao*-Paste, and perhaps a little

Sugar

De vita
error.

Sugar, and *Pepper*; for the *Indians*, *English*, and *Spaniards*, who have lived on it several days, sometimes weeks, without any other food, do without any inconvenience resume a more gross Diet, and again intermit it at their pleasure.

I have been thus particular in the inquiry into the nature of the *Cacao nut*, because it is the principal Ingredient in *Chocolata*: and it is this Nut alone in the Composition, (if there be neither *Maiz*, nor *Bean-meal* in it, which may be admitted in small quantities as wholesome, for ought I can imagine; or *Pistachia* nuts, or *Almonds*; of the healthfulness of either of which, but especially the latter, I doubt as to this Composition) which yieldeth the nourishment, and fatness, which is expected from the Drink, and often found. All the other are but Spicery (under which I comprise *Amber-grise*, and *Musk*) and serve at best but as a Vehicle to distribute the *Cacao nut* into the body, and to make it agreeable to the Stomach, which otherwise might, and often is troubled with the coldness of the *Cacao*, or what other Quality it may have (perhaps too much relaxing the stomach, or offending its office by its unctuousness) whereby to offend the stomach.

And since the *Indians* did first correct it with *Chiles*, or red Pepper, I shall speak of that in the first place.

Chiles, *Chilli*, or red Pepper, in the language

this Subject, which is to be found in *Carolus Clusius's Cura posteriores*, *Piso*, and *Hernandez*. However that the Spice merits great commendation, and that ^c *Monardes*, and ^c *Chap. 54.* ^d *Oviedo* prefer it before the *East-Indy Pepper*: ^d *Histor. Nat.* and that many ^e repute it to be *cold*, and ^{Ind. l. 7. c. 7.} ^e *Acosta ubi* well-tempered: (as do ^f others that of the ^{suprà.} *East-Indies*) yet it is by such, as regard ^f *Bonars c. 5.* the testimony of what they taste, and feel, *De cons. valet.* (before traditional Discourses) to be ^g hot ^{in Ind.} *Acosta ubi* in the highest Degree. *Quartum hæc caloris suprà.* *gradum attingunt, & tertium ferè siccitatis,* so saith ^h *Hernandez*. And *Monardes a- h Ubi suprà.* vows them to be *hot*, and *dry*, as it were in the fourth Degree. *Escaliente, y seca, casi en quarto grado.* There is this caution given of them, ⁱ that they inflame the ^{i See Acosta;} *Blood, and distemper the Eyes, the Liver,* ^{Hernandez,} *and the Reins; that they create Fevers,* ^{Piso, ubi su-} *Pleurisies, and Peripneumonies; that they* ^{præ.} *are no way agreeable for young folks, but for the old Flegmatique.* Which *Asserti-* ^{on} is to be understood of its *unproportionate* *mixture with other Compositions.*

Another Ingredient in the composition of *Chocolata* is that *most delicate of Spices*, call'd usually in *England Pepper of Jamaica*, by the *Spaniards Pepper of Xamaica* (so *Herrera*, and other *Spaniards* call *Jamaica*) *Pepper of Tabasco or Tamaasco*, and *Pepper of Cbiapa*: and by the *Indians Xe-* *cocoxochitl*. It is commonly called in *Jamaica*, *Pimienta*: which name they took from the

^t *Acosta Hist.* ^{Ind. l. 4. c. 20.} *guage of Cusco is called Ucbu; in that of Mexico, Chili: or* ^u *Chilli by the old In-*
u Piso hist. Nat. *habitants of Hispaniola (call'd Haitini by* ^{& Med. l. 6. c.} *15. ex Xi- Hernandez) it is called x Agies (by Rob-*
mene. ^{x Hernandez l.} *leas, los Agies) which some y otherwise write*
y Hernandez l. ^{5. c. 3.} *(according to the variety of spelling) Axi.*
^z *Acosta l. 4. c.* *By Monardes it is called La pimienta de las*
^{20.} *Piso ex Indias. In Portugal it is call'd pimienta de*
Ximene l. 6. c. *Brasil. In Brasil, and by Piso, Quiya. In fine,*
51. *amongst almost an infinity of names, the* ^{most usual now are long red Pepper, and American or Brasile Pepper, for no other reason, but that the Portugbese brought it first thence.} ^z *It was much esteemed of in old time amongst the Indians, which they carried into places, where it grew not, as a Merchandise of consequence.* ^a *And in all the inhabited places of America it is so frequently used, that there is scarce any meat dressed without it.* ^b *This Spice the Spaniards love, and will have it in all their meat, that they intend to have picant: for a greater Hough-goo is not in the World; Garlick is faint and cool to it. It is so violently strong, as, when one breaks but the skin, it sends out such a vapour into the Lungs, as he falls to coughing, which lasts a quarter of an hour after the fruit is removed: but, as long as it is garbling, they never give over. To describe its several kinds, and particularize its virtues, it would be requisite to transcribe the Treatise of Father Gregory the Capuchine upon this*

^z *Acosta ubi*
suprà.

^a *Piso ubi su-*
præ.

^b *Mr. Sigon's*
Descript. of
Barbadas p.
79.

the Spaniards, some of which I find to call it *gravos de pimienta*, and *pimienta* alone: though otherwise that name is of a greater comprehension. This Spice hath a most delicate smell, and such, as resembles an *Orange stuck with Cloves*: being swallowed whole, it amends the breath, is excellent against Wind, and helps digestion, and yields no sign of an immoderate heat; but being broken, within the outward husk, or shell, there are two (sometimes three) little grains, which make the impression of a pretty violent heat, yet short of the other Peppers: I have not met with any Writer, who utters a word to their prejudice; a few of them, burnt with wine, recommend it for fragrancy, and taste, be-

^k *Ferdinandez*
l. 1. sect. I. c. 14.
Vide & Her-
bar. Mexican.
I. 2. c. 5. de
Xoco-Xochitl
seu pipere Tu-
basc.

yond any Spice. ^k *Es la Pimienta de sua-
ve olor, caliente, y seca en grado tercero,
cordial, desopilativa, provoca mezze, y es
remedio à los dolores flatuosos, corrobora el
estomago, y ajuda la digestion de la comida.*
The pimienta (of Jamaica) is sweet-scented,
hot and dry in the third Degree, opening
Obstructions, Cordial, provoking the Terms,
and it is good against Wind, and flatu-
lent pains, it strengthens the Stomach, and
Digestion, being eaten.

Roblez gives it this Character, *E hecho
experientia de sta semilla, o granos de Pimi-
enta, y halla en ella el calor, y sequedad igua-
les, y ser a proposito para confortar el es-
tomo, interiormente bevida, o exteriormente
aplicada,*

*aplicada. Sufre coſſimiento medianamente, y
trituracion mediocre, y subtil, como les de
mas aromaticos, y le tengo por ſubſtituto de
los clavos de eſpecies: mata las lombrices con
la parte amarga, y detiene los vomitos. That is:*

' I have tryed these Seeds, or Grains of
' Pepper, and I found therin an equal ſiccitie,
' and heat: and they ſerve for to ſtrengthen
' the Stomach, being taken inwardly, or ap-
' plied outwardly. It will endure an indif-
' ferent boiling, or punning to powder, as
' do other Spices, [which looſe their virtue
' by much beating, or boiling] and I allow
' it for a ſubſtitute for Cloves. It kills the
' Worms with its bitteriſhneſſ, and ſtays
' vomiting.

*Jo. de Laet, in his Description of Ameri-
ca, speaks thus of the Province of Tabasco, Lib. 5. cap. 3.
and its Pepper. Unam habet [ea provincia]
in primis arborem domesticam, quantivis pre-
tii, quam vocant Xoco-chitl, que est arbor
grandis, foliis mali Aurantie, fragrantissimis,
Floribus rubris instar Granati, odore item Au-
rantiorum, grato juxta, ac suavi; fructibus
rotundis, ac racematis pendulis, qui initio
quidem ſunt virides, poſtea ruffi, & ad extre-
mum nigri; acris ſaporis, & mordacis; boni-
que odoris; calidi & ſicci in tertio gradu,
ita ut Piperi ſubſtitui, & pro Carpo-balsamo
in Officinis poſſit obtrudi. Hispani vulgo vo-
cant Piper Tabascense. Corroborat cor, &
ventriculum; amicum eſt utero; diſcutit fla-
tus; aperit obſtructas; movent urinam, &
menses;*

menses; succurrit colicis & nephriticis doleribus; consumit humores crassos & viscosos; fugat rigores febrium. i. e. The Province of Tabasco hath one tree particular to it [when Ximenes writ this, whom Laet follows; it was not known to grow in Jamaica, as it doth plentifully] which is call'd Xocoxochitl, i.e. a tree not to be valued. It is of a very large growth, hath leaves like an Orange-tree, being of a most fragrant scent; it bears a red Flower like to that of a Pomegranate, of a sweet and pleasing smell, and which also resembles that of Oranges. The Fruit is round, and grows in clusters, like as Grapes do, [so does the *Amomum* of *Dioscorides*] at first it is green, then red, and at last blackish: it is of an excellent smell, and biting taste. It is hot and dry in the third Degree, so as that it may be substituted instead of ordinary Pepper [but it is] farr short of it in heat, and bitingness of taste, that in Pies there is no comparison betwixt them; as I have seen,] and in the Shops it may pass [but without any resemblance] for *Carpo-balsamus*. The Spaniards usually call it Pepper of Tabasco. It strengthens the Heart, and Stomach; it comforts the Womb, it dispells Winde; it opens Obstructions; it provokes Urine, and the Termis in women; it helps Colique and Nephritique pains; it consumes tough and viscid Humours; and drives away the cold fits of Agues.

I cannot pass by this delicate Spice, without

out putting the World in mind, that perhaps upon Observation there where it grows, and a little constraining of *Dioscorides*, it may be found to be the very *Amomum* of the Antients; so fained in all their rich Unguents for Luxury, and so commended for Medicinal uses, instead of which we are fain to put into *Mithridate*, and *Treacle*, either *Cubels*, or *Cloves*, but, I hope, henceforward *Amomum* and *Carpo-balsamus* shall find no other substitute then this Pepper of *Jamaica*. I am not the only person who propose this: *Hernandez* (lib. 2 cap. 5.) professeth, it may be used instead of the *Carpo-balsamus*; and who shall enquire into the *Amomum Clusii*, will find how others, as well as I, have fomented this Opinion: of which I shall treat more hereafter, when I have observed its growth. In the mean while it seems to be that *Garyophyllum* of *Pliny* (lib. 2. cap. 7.) where, having spoken of Pepper, he adds, *Et etiamnum in India Piperis granis simile, quod vocatur Garyophyllum, grandius fragiliusque. Tradunt in Indico loco id digni. Advebitur odoris gratia.* 'There is at this day in the Indies something, that resembles Pepper, men call it *Garyophyllum*; it is bigger and more brittle then Pepper. They report it to grow in a place of the Indies: and it is brought hither (sc. to Rome) out of a regard to the delicacy of its scent. There is not any thing in *Pliny*, which carries repugnancy to our Pepper:

its excellent smell, the name of *Garyophyllum*, being the *Greek*, not *Indian* name, and signifying *Cloves*, or *Clove-gillow-flowers*, with the smell whereof, (and taste of the former, but mildly) it hath a resemblance. It is more big, it is more brittle, and consequently, till a clearer discovery be made, we are to presume, that we have retrived after so many hundreds of years one of the most select Odours, that Antiquity ever boasted of.

I shall not add any more, untill I have prepared a second Edition in *Jamaica*. Instead of this, there is usually put in common Black-Pepper, or White-Pepper: concerning the virtues of which I shall not enlarge. They are well known already, and better known then approved of either by

¹ Vide *Pison*, the ¹ Natives of those Countries where they in *Mantis*. grow; or our learned *Physicians* in *Europe*.

The next Ingredient of *Chocolata* is *Tlilxochitl* (or, as some write it, *Tlixochil*) or, as the *Spaniards* call it, *banillas olorosas*, or *Vayillas*. The former is the *Indian* name recorded in ^m *Hernandez*; the latter is the usual *Spanish* Term acknowledged by ^{2. c. 15.} ⁿ *Piso*, and others. The Plant is compared to *Aromatical Arach*, it runs up Trees, as doth *Ivy*, it hath a broad leaf, in length eleven inches, and in breadth six, it resembles a *Plantain-leaf*, but is more fatty, it is of a deep green; it bears a blackish

Flower

Flower: it produceth a *Cod*, that is about six inches long, slender, and of a blackish colour (yet are some, that I have seen, reddish, and yet good) their smell is admirable, they, which have parallel'd it with *Amber-grise*, *Musk*, or *Balsame*, failed in their Chara- o *Herrandez*, ster; for it ha h a peculiar mildness, and & *Piso*, ubi delicacy in it, not to be found in those o- suprā. ther. If, in the *Jamaica* Pepper we have found out what the Antients lost, it is herein that we have out- done them: it being a dis- covery, which, I doubt not, but a little Art will improve beyound all the odours yet ^p The *Span- known*. ^{ards} put it in- known. ^{to their} ^p It is reputed hot in the third ^{or} *ptarmice*, Degree, and adds to *Chocolata* not only a cu- ^{or} *Sneezing-* rious scent, but taste: and moderately pro- ^{powders}, a- vokes Urine, and the monethly ^{vowing it to} evacuations ^{corroborate} in women; it strengthens the Brain, com- ^{the Brain} fort the Wombe, dissipates Winde, concocts and attenuates gross and crude Humours. I infinitely: as I cannot do this excellent product of *Jamaica* am ascertained by such, as the injustice, not to tender the double Cha- ^{have seen this} racter given of it in *Spanish*, by two *Spani- pradile in ards*, that lived in the *Indies*, and whose *Spain*, and the *Indies*.

Doctor *Fernandez* (lib. 1. Sect. 1. titulo *De los Bainillos*) speaks thus of them: *Son calientes, y secas en tercero grado, cordiales, pro- vocatius de meses, y de orina, aceleran el parto, el echar las pares, cueffeny adelgason lo crudo, y fortelesan el corazon, y cerebro, y ses facultades.* They are hot and dry in the third Degree, Cordial, provoke the Terms,

and Urine, and speedy Labour, and freeing for the after-birth, they concoct and attenuate Crudities, they strengthen the Heart, and Brain, and its faculties.

Doctor Juanes de Cardenas gives us this account of them. *Las Bainillas compiten con el Ambar.* Son de complexion caliente, y seca en primero grado, con que don al Chocolate muy suave olor: y se accentajan à las de mas en ser muy cordiales amigas del corazon: engendron espiritos de fuerte, y robusta mixtion, ayudan al coſimiento del estomago, y con su calor cueſen los humores grueſos, y crudos; y lo que es mas que todo, con las partes futilles, y calientes, consumen lo terrestre del Chocolate; con que le dexan mas puro, y sin los dannoſ de lo Melancholico. That is:

The *Vaynillas* equal Amber-grise. They are of Quality hot and dry in the first degree, wherewith they give to the *Chocolata* an exceeding sweet smell: and excell other Simples, being extraordinary strengthning for the Heart: they beget strong Spirits, and of a firm mixture; they promote digestion in the Stomach, and by their heat concoct crude and gross Humours, and, which is above all, with their subtle and hot parts they consume the earthy parts of the *Chocolata*, and so leave it more pure, and free from the inconveniences, with which it might otherwise threaten the Melancholy.

To conclude this Discourse of the *Vaynillas*: It is ſo called by the *Spaniard*, because that

that it reſembles the *Vagnila* or ſheathe of a little *Sword*; it much reſembles the Cod of a French-bean in length, and ſhape; it hath in it a ſmall Seed, which fills it from one end to the other, of a blackiſh colour, but very ſubtle parts, and ſcent. It is observable, that one *Spanish Writer* makes it to be hot in the third Degree, and dry; another only hot and dry in the firſt Degree. Such Contradictions are uſual in Writers of the *Indies*, and not much to be regarded further, then as the reſueries of men too Methodical, or as the intrigues of Nature to be paralleled in Opium, Camphire, Vitriol, Quick-silver, &c. concerning which our moſt inquisitive and Philosophical Physicians are ſo perplexed, and differing in Opinion, that we may pardon the discrepancy of the Writers alledged here. Whosoever shall try theſe *Vaynillas* by the ſtrength and penetratingneſs of their ſmell, and perhaps by the vigour of their effects, performing what nothing of *European*, or *East-Indy* growth, of a leſs Degree in heat, and dryneſs, then the third, doth; will rank them with thoſe of that ſort; but here who shall conſult his Senses, and obſerve the mild delicacy in theſe *American Products*, and particularly in the *Vaynillas*, which is inconsistent with ſo much heat, and dryneſs; and shall conſider, that his tongue feels nothing parallel to what happens upon the taſting of a grain of *Chili*, or *red Pepper* (which yet is placed as hot in the third Degree) he will

will by many degrees separate and distinguish the former from the latter. And indeed these powerful effects are not the consequents of an excess of Heat, but of parts moderately hot, and well subtiliated, and digested, in a Country, whose Climate yields an uninterrupted temperature of Heat to its production: from whence we may once for all observe, that it is impossible to provide any *succedanea*, or substitutes for these kind of Commodities: for to use Cloves instead of *Vainillas* is a ridiculous mockery, and hurtful to several complexions, in *Chocolata*.

^q *Hernandez.* ^{Herb. Mexic.} ^{I. 3. c. 41.} *Chacangularica*, *Pumagua*, or *Achiote* (as it is called by ^q *Hernandez*) or *Achiote*, as it is usually called (Mr. Gage calls it *Achiotte*) is called by *Oviedo*, and *Clusius*, *Bixa*; by the Natives of *Brasile*, *Yrucu*, and *Roucou* in the Description of the *Antilles*. It is a Tree, that grows every where in the *West Indies*, without cultivation; it is regarded as well for its use in Painting, as *Phylick*. It is a Tree of indifferent bigness, leaved somewhat like to an Elm, after it hath flowered (which Flower hath scarce any sensible smell) the fruit grows out in a Cod containing thirty or fourty grains, which grains, before they

^f When I am ripen to an hardness, yield a juice of a in *Jamaica*, I pure Vermilion colour: out of these grains, shall inform either ripe, or unripe, is the ^f *Achiote* so called different operation of *Achiote*, according as it is differently made: of which they, who bring it, or sell it, can give no account.

made

made by a way, I shall not repeat; yet in the making of it up there is so great a difference, that it is very considerable, some having been purged to death, & others thrown into Fluxes by mixing *Achiote*, not rightly prepared; in *Chocolata*; which hath occasioned some to speak against its being put into it. But it is not by that Character, that the good *Achiote* must be censured: for, if rightly prepared, it is with very good effect mixed with meats in the *Indies* to meliorate their taste, and colour, and smell too. ^t And ^t *Piso* ubi in *Chocolata* it produceth all these effects, if *suprà*.

^{Urucu, five} ^{Achiote effi-} ^{cit, nè Choco-} ^{late, quantavis} ^{quantitate} ^{hausta, noceat :} ^{illius, quippe} ^{ope facile} ^{digeritur si-} ^{ne ulla crud-} ^{itate. Ità Fr.} ^u *It* ^{Ximenes a-} ^{strengthens the Stomach, stoppeth Fluxes, pud} ^{Eurggr-} ^{and, being mixed with agreeable Juleps, al-} ^{vium in Hist.} ^{Bras. I 2. c. 3.} ^{lay eth Feverish heats. x} ^{It is cold, and dry,} ^u *Piso* ^{Hist.} ^{Ind. I. 4.} ^{c. 14.}

^x *Piso* in *Mant. Aromat. c. 18. Fructuum granarubri frigida sunt &* *sicca cum modica adstringione: ex quibus placentulas efformant, qua non* *solum medicamentis contra quosvis *Sanguinis Fluxus* inordinatos, sed* *& cibaris immiscetur, gratimque simul saporem & colorem iis sup-* *peditant. In primis autem omnia hæc beneficia præstant confectioni no-* *stræ *Chocolata*, si certa quantitate addentur; tunc enim tunc bibitur,* *& citra satieratis & nauseæ incommodum: adde, quod *sanguinem ma-** *gis purificet, & visceræ corroboret.*

Having

Having given you this testimony of it from the learned *Piso*, who interested not himself much in the digesting Plants into several Degrees, according to their first Qualities; but consulted unquestionable Experience: I shall now represent the several Characters of this *Achiote*, given by Spaniards, and such as lived in the Indies.

The Spanish Doctor *Ferdinandez*, doth thus Character it in his first Book, *Se Et. 1. Chap. 14. Entre se base de la semilla de un arbol cosida. Es frio en tercero grado, con alguna adstriccion, Mitiga la sed: y, mas clado con el agua, templatis calenturas ardientes, y cura la dysenteria de humores colericos. Da gusto, y sabor, y oler al Chocolate, y le hace mas fresco: de mas de que ajuda a la digestion, y no solo se mescla para color al Chocolate, si no por que engorda, y annide sustento, con la parte pingue, y butirosa, que es la, que en el preva- lese: y siendo asii, tiene partes calientes, como lo son todas las butiroosas.* It is made of the grains of a Tree boiled. It is cold in the third Degree, with some adstriction. It allaiers the Thirst, and being mixed with Water, it tempers the burning-Fever, and cures the Bloody-flux, occasioned by Choler. It gives a taste, relish, and colour to *Chocolata*, and makes it more brisk; besides it helps digestion: nor is it mixed with the *Chocolata* for the colour's sake alone, but also because it fattens, and increaseth its nourishment with its fat and butyrous parts, which

pre-

prevail in it: and, being so, it must needs have hot parts in it, as have all butyrous things.

With this agrees the *Mexican Herbal*, lib. 3. cap. 41. *Frigida est ordine tertio, & non nullam siccitatem adstrictionemque participat.*

---- *Extinguit, epotum, aut admotum, febrentium incendia, opitulatur Dysenteriis, repellitque tumores praeter naturam; quo fit, ut Epithematis, frigorificis Potionibus, seu Julapiis, & quibusvis in frigidantibus cibariis, & Medicamentis, misceri perquam commodè posse. Additur semen Chocoatl (id est, Chocolata) refrigerii gratiâ, commendandique saporis, atque coloris. Dentium doloris è calida causa ortus lenit, corroborat, evocat urinam, sitim extinguit, accroci apud alias gentes gerit vicem.*

---- *Adstringit nonnihil, id estque, cum resina permixtum, medetur scabiei, atque ulceribus, ventriculum corroborat, fluxum alvi cobibet, lac auget permixtum crustis Cacaoatl (id est, Chocolata) quem reddit innoxium quâcunque mensurâ bibatur: ejus siquidem gratiâ, facile, ac citra satietatis incommodum solet concoqui. (i. e.)* 'It is cold in the third Degree, and participates of some adstriction, as well as dryness. ---- Being given inwardly, or outwardly applied, it allays Feverish distempers, it helpeth the Bloody-flux, and repels præternatural Tumours; for this cause it may be mixed in cooling Epithemes, Julips, or any food, or Phylick, used to cool. It is mixed with *Chocolata* to cool, as well as to embitter the taste, and colour

colour. It helpeth the Tooth-ach arising from hot causes, it strengthens the Gums, it provokes Urine, it quencheth Thirst, and with some Nations it is y used instead of Saffron. — It is somewhat astringent, and therefore, being mix'd with Rosin, it cureth the Itch, and Ulcers; it strengthens the Stomach, stoppeth the Fluxes of the belly; it increaseth Milk, being mix'd in Chocolata; which last drink it renders very innocent, in how great quantity soever it be drunk: for, by reason of the mixture of Achiote, it is drunk down easily, and without any ensuing nauseousness of the Stomach.

See Pison.
Histor. Ind.
utr. I. 4. c. 14.

Lib. 5. c. 3.

Jo. de Laet in his Description of the West-Indies reports thus of Achiote. *E semine [sc. Achiotl] fit tintura coccinea, quā Pintores utuntur: eadem & in Medicina usurpatur, quum frigida sit qualitate. Cum aqua aliqua ejusdem qualitatis hausta, aut foris applicata, mitigat astus febres, sistitque Dysenteriam, denique utiliter adjungitur omnibus Potionibus refrigerantibus, unde etiam vulgo miscetur potionis Cacao ad refrigerandum, & bonum saporem & colorem illi conciliandum.* i. e. 'Out of the seeds [of Achiotl] there is made a Scarlet tincture, which is used by Painters. The same is also used in Physick, being of a cold Quality. Being mix'd with a proper Vehicle, and either given inwardly, or outwardly applied, it allayeth Feverish heats, and stops the Bloody- Flux.

Flux. In fine, it is with much benefit put into cooling Drinks; wherefore it is commonly mix'd with the Cacao, to make it cooling, as well as to amend the taste, and colour.

I have shewed the Opinion of such, as favour its being cold even in the third Degree; and therein only it is matter of Opinion; for as to the Effects attributed thereto, I believe them to be of unquestionable authority, being grounded upon the practise of the Indies, and not established upon Conjectures. I now come to propose the Opinion of that diligent observer Rebleg, who irreconcileably differs from the rest, as it follows. *El Achiote, o Viza, assi le llaman los Indios, le echan en las comidas por a cafran. Es caliente, y enemigo de nuestro calor natural, offende las partes espirituales, estraga el bigado, es ventoso sobre manera, por que su calor, y humedad pasa de segundo o tercero grado, llevanta vapores gruesos, hincha los Hypochondrios: dicen que es a propósito para las passiones de ornia. Todo el Chocolate, que viene de la Nueva-España, y Guatimala, viene cargado desta terrible vezia, baptizado con nombre de Achiote; y deven los Medicos a conseiar, no se use deste con exceso, por que tengo por sin duda, que el Achiote es una lima sorda, que produce en nos otros malas passiones: y assi desseara tener autoridad para moderarlo, tengole por caliente en grado tercero, y humedo en segundo;*

y por sus propiedades enemigo de nuestra naturaleza. That is,

' *Achiote, or Viza, as it is call'd by the Indians, is used by the Natives in their meats instead of Saffron. It is hot, and destructive to our natural heat, it offends the spiritual parts, it weakens the Liver, it is beyond measure flatulent, and windy; because its heat and moisture equals the second or third Degree: it raiseth gross Vapours, it causes a tension in the Hypochondria: they say, it is good to ease Distempers occasioned by stoppage of Urine. All the Chocolata, which comes from New-Spain, and Guatemala, is fill'd with this horrible Ingredient, Christen'd with the name of Achiote, and Physicians ought to give advice, lest people use it in too great a quantity, and with excess: because I am undoubtedly assured that it inseverably consumes us [the Spanish is not to be express'd, I think, more fittingly] and creates in us many other evil Distempers: and therefore it ought to be restrained by publick Authority. I suppose it to be hot in the third Degree, and moist in the second: for its Quality it is repugnant to our nature.*

^z Yet it hath so violent a piercing on the tongue, run into an Opinion so contrary to the other of Hernandez, both living in the Indies, one in Mexico, and the former in Peru. Long time after If we regard our ^z taste, it seems to plead for

for Hernandez: as being evidently cooling (though not to that Degree) and somewhat astringent; though the coldness and astringency sensibly differ, according as it is better or worse prepared: I mean according to the taste, for I have yet experimented it no further. If we consider its Effects, such as have been related, they seem still to oppose Roblez, and assert its cooling, and astringency. As to that enmity, which he maketh it to have with humane Nature, the universal experience of the Indies (and of all that use it; supposing the Achiote rightly prepared) particularly of Brasile, New-Spain, and Guatemala, in the latter of which Chocolata hath been immemorially drunk, and in both which places it is the general and famed Drink, doth refute him. Nor is every thing, that is hot and moist in the third Degree, to be exterminated Physick, as destructive to our nature. What Apology then can we make for so learned and observing a man? The principal excuse, that I can make for him, is, first, that he relies upon ^a the Authority of the Indians, who it seems are as of him in this imperitory, that Achiote is hot, as that Chilli; or red Pepper is cold. Secondly he observed, what is also granted by Hernandez; That, however it had cooling and astringent effects, it had also an operation of a quite different nature: for *per las partes aereas, y delgadas tambien desopila, y provoca*

^a One sayes case, *Falsa Interpretatione errat, non exalto veritatem* traditum.

voca mezes, y sudor: by its aereal parts it did open Obſtructions, provoke the courses in Women, and cauſe Sweat. And this operation of Achiote is likewiſe attested by two eye wineſſes, Dr. Juanes de Cardenaz, and Dr. Juanes de Barrios; and is confirmed to us by

Mr. Gage's
Surv. c. 16.

^b Mr. Gage in these ensuing words. Achiotte bath a piercing attenuating Quality, as appeareth by the common praetice of the Physicians in the Indies, experienced daily in the effects of it, who do give it to their Patients, to cut and attenuate gross Humours, which do cause ſhortneſs of breath, and ſtopping of Urine: and ſo it is uſed for any kind of Oppilations, and is given for the ſtoppings, which are in the breast, or in the region of the belly, or any other part of the body.

Now, ſince these effects are uſually performed by Medicines of ſuch a nature, as Roblez attributes to Achiote, it is to be presumed, that he ſaid it upon that ground: but that *operatio sequitur effe*, that from a parity of Effects one may argue a reſemblance of Causes, is

Mr. Gage in another place ſpeaks thus of Achiote. 'In Nixapa, within the country of Guaxaca grow many Trees of Cacao, and Achiote: whereof is made the Chocolate, and is a commodity of much trading in those parts; though our English and the Hollanders make little of it when they take a prize of it at Sea, as not knowing the ſecret virtue, and qua'liy of it for the good of the Stomach. Gage chap. 3. Which Paſſage, whether we understand it of compound Chocolate, or of ſimple Achiote, it amounts to one thing, ſince it maniſtacts the *innocency* of it in our *Compoſure*.

an error in Physick. And in that he ſaith, it bath an opposition, and qualities deſtructive

to

to the nature of Man; I ſuppoſe, it being granted to have a *diuretique* and *diaphoretique* nature, and that it introduceth a ſuſion (and precipitation oftentimes) in the Blood, it may then be granted to bear an hostility againſt our bodies, if taken by way of food, what is really *Physick*; and what Hippocrates ſaith of *Purges*, that thoſe in health bear them with diſſiculty: and that they do depredate, and diſſolve, by way of colliquation, the flesh, this is true of *diuretique* Medicines, if frequently or continually uſed by perſons in perfect health: which as it is the course prescribed to make people *lean*, ſo it is incoſiſtent with the intended uſe of *Chocolata*, which is to make *fat*: and this might as well merit his censure there, as the cauſeless taking of *Smallage*, and *diuretique* pottages with us in *Spring*. He prohibits it *con excesso* only, in too great a quantity.

This I thought to be fit to ſay by way of Apology for Roblez; I ſhall only add, that others do repute this Achiote to be of a very temperate quality: and as no ſeſe evinceth it to be *hot*; ſo its *de-obſtructing* faculty, and its *diureticalneſſe* (it being highly commended not only to diſſipate gross Humours, but even the Stone in the kidneys) argue it not to be very *cold*. However, it is certain, that the Achiote oughe to be *good*, and that it ought to be put in but in a due quantity: for as the Reaſons ſpecified render the *excess* of it ſuspicioſe;

F

60

so do those other, that it meliorates the colour, taste, and smel of the Chocolata; and makes it agreeable to the Stomach; these manifest the necessity of commixing some: and for this we have the Precedents of New-Spain, and Guatemala, and Mexico, and the general consent of such Writers, as have recommended it to the practice of other parts of the World; as you may see in Piso's Discourse of Chocolata.

Mecaxochitl, Mesacuchil, Mechasuchil, or Mecacuce (as Paulus Zaccalias calls it in c Piso Mantif. c. 13. c Piso) in Spanish it is called Manojitos de Aron. d Id. ubi supr. Aron. It is a peculiar sort of Pepper, growing only in Mexico, and as it resembles long Pepper, so it may be reckoned as a sort of Herb. Mexic. It is hot in the fourth Degree, and dry in the fifth. cap. 13. It is hot in the third; if we may credit f Hernandez, and f Piso: but as other Ingredients have been strangely represented by Indian Physicians, as to their qualities, so it is with Mecasuchil, for Franciscus Fernandez (lib. 2. Sect. 1. c. 13.) gives us an Opinion of his very disreputable from the former, viz. that it is only hot in the first Degree, and dry in the second: his words are these; *Esta especie Aromatica es caliente en primero, seca en segundo, cordial, util à las ventosidades, y contra veneno, echa la criatura muerta, es provocativa de meses, y orina, que facilita los malos partos, y abre opilaciones, y es corroborante con moderada adstriccion; que repará el calor nativo, y alimenta el influyente con numerosos*

evos espiritos, que cria, fortalece el bigado, y es excellente en la templansa y mixtion Aromatica.

This sort of Spicery is hot in the first Degree, and dry in the second; it is Cordial, good against Wind, and Poysion; it brings away the dead child, it provokes Urine, and the Termis; it gives quick delivery in time of an hard labour; it opens Obstructions, and strengthens the body with a moderate adstriccion; it repairs the decay of natural heat, and fills the nourishment passing to each part with new spirits, it strengthens the Liver, and is of an excellent temper, and Aromatique mixture.

It is put into Chocolata not only because it gives it a good taste, but because it opens Obstructions, cures Colds, and Distempers arising from cold caules; it attenuates gross Humours, it strengthens the Stomach, and it amends the Breath, and relisteth Poysions, and in this Character g Hernandez Ubi supr. and e Piso differ little.

Xochinacatlis, Xochinacatlis, Oricelas or Orejuelas, (in Spanish) and (in Latine) flos auriculae, h is a tree with long and narrow leaves, which bears somewhat large flowers, the leaves whereof are inwardly purple-colour'd, and on the out-side of a grass-green, they somewhat resemble ears, whence they have their Spanish name: they are of a very pleasant smell. These flowers are of great esteem in the Indies; there is

not any thing more valued, nor more common in their Shops. They contribute much to the grace of the *Chocolata*, and improve it as far beyond its self, as it transcends other Drinks: they give it a rich scent, and taste, and render it very wholesome.

ⁱ Hernandez ^{Herb. Mexic.} in almost the fourth Degree, and ^{dry} lib. 2. cap. 4. in almost the third: and ^k Piso ascribes to ^{Ubi suprā.}

ⁱ Hernandez, & ^{Piso ubi lib.} ^{Stomach,} being troubled with cold, and wind; ^{prā:} with ^{to revive the Spirits, and beget good blood,} whom agree ^{and nourishment, and to provoke the monethly} the Dr. ^{Jua-} ^{evacuations in women.} But its temperament ^{nes de Barrios,} & ^{Cardenas.}

is more controverted: for the Doctors ^{Juanes de Barrios, and Cardenas} repute it *hot* in the first Degree, and *dry* in the second. I have already declared the Opinion of Hernandez: and Franciscus Ferdinandez (lib. 1.) saith, it is *hot* in the third Degree, and *dry* in the second. His words are, *Ninguna es de mejor valor, para esta bebida per Aromatica cordial, y de excellente olor: caliente en tercero grado, seca en segundo, y que conforta el corazon, cordial en la vitalidad, cria muchos y robustos espiritos, y mas de los vitales, de fuerte y robusta mixtion, indissolubiles: y es de excellente sabor.* There is no Ingredient in *Chocolata* of greater esteem, by reason of its Aromatical and Cordial virtue, and excellent smell: it is *hot* in the third, and *dry* in the second Degree, it strengthens

strengthens the Heart, and Vital parts, it begets many and strong Spirits, and especially the Vital Spirits of a strong mixture, not dissipable: and it hath an excellent taste.

Besides the fore-mentioned Ingredients, several others are put in partly by the Indians, as *Maiz*; partly by others, as *Anise-seeds, Fennel-seeds, Cinnamon, Saffron, Sugar, Cloves, Mace, Orange and Limon-pill* (in a small quantity) *Musk, Amber-grise, Orange-flower water, Almonds, Filberts, Pistaches, the Chymical oyls of Cinnamon, Cloves, Nutmeg;* and some leave out *Achiote,* and colour it with *Santals:* in fine every *Chocolata*-maker puts in what he doth think good, and *cordial, or pleasant;* and leaves out what he dislikes, insomuch that some reduce *Chocolata* almost to *Ginger-bread;* and put in little of the true *Cacao-nut.* Nor is this variety practised only in *England;* in *Spain, and Portugal* there is the like; and an infinite discrepancy in the Ingredients, and proportions ^m of them. I have not time, nor can it justly be expected, that I

^m In that, which I made, should give a particular account of the mentioned Ingredients, whose Nature may be found in every *Herbal* almost: I shall only give these general Observations.

to the other Ingredients: in that, which I commonly use, the *Cacao-nut* is little more then half of the composition, which proportion is allowed by Piso: in the vulgar *Chocolata*, which is made to eat in *Cakes, or Lozenges,* there is hardly a *third part* of the *Cacao-nut.*

C H A P. IV.

General Observations about Chocolata.

1. That there ought to be a great care in the due choice of the Cacao nut. For there is a great variety in the nature and taste of the Nut: some are bitterer than others, some are more oily and nourishing than others. Thus those of Carraca, or Nicaragua, were chosen by me to prepare Chocolata for His Majesty, notwithstanding that I had seen some from Jamaica, that were very well tasted, and well cured: for there is not only a great difference in the growth and nature of the Nuts, but in the curing of them; for, if they be not gathered in due time, and well sweated after they are gathered, and that upon Mats, not Boards, (for the Mat dries up the sweat better, than the Board, in which whilst they soak, the Phlegm is re-inbibed by the Nut, and the oily parts not sufficiently exalted, and digested) the Nuts are not so good, as that we should expect any great excellency from the Chocolata.

2. That there ought to be a great care in the Picking, Garbling, and preparing the Nuts. It is not sufficient to choose Nuts of a good age, and growth; old, but not decayed: (for these are most oily) nor to cast away such, as are apparently corrupt: but having dried them (in the doing of which beware you burn them not; and so imbibter the

the Composition) you must hull them, and then pick them, casting away all the corrupt and musty ones; for, if you be not careful herein, the Chocolata will in a little time shew it self to be musty, and decay. I had once some new Chocolata shew'd me, to ask my judgment of: and it seemed to me then very pleasant, and good: within a fortnight after, I tasted it, and it was good for nothing; so musty was it, after it had fermented a while by standing: yet was it carefully kept. It is usual amongst the Chocolata-makers to repute those Nuts good, and sound, which are blackish, and not musty, nor rotten; though upon breaking of the Nut, in the several divisions and parts there be in intercurrent hoariness, which will vanish at their drying: but I suppose all rational Persons will grant, that that is a tendency to corruption; and any curious Observer will distinguish those Nuts from such, as have not the least inchoated decay, by the taste. After all this garbling, they must be well beaten to powder, and finely searched, or else the Paste will not be good: for, although, in the grinding, they will mix, and melt into a Paste, yet will not that Paste consist of so small Particles, as when searched; and consequently not dissolve so well in the Potion, as otherwise it would.

And after it is thus prepar'd, in the grinding of it there is much of Art: I have already excepted against the making it in a

Mortar, or on an Iron Table; the only way to moderate the heat, and to preserve it from discolouring (by the iron) or running too fast into oyl, whereby it is made unfit to keep; and also some parts unequally dissolve, the Spices mix not well, and it is precipitated in the making up before a sufficient incorporation, and never ferments right, nor attains its perfect gust.

I have already spoken concerning the way of grinding the Spice, rather than beating it; and that with this caution, that the Spice be not only ground singly over, but after ground all together, that so the several parts of each individual Spice, and Ingredient, may operate upon the subtiliating of the ether; besides that hereby each is more exquisitely commix'd, then by any other way can be contrived.

I am of the mind, that if there be any settling at all in the Chocolata Drink, it is either because the Nut is faulty, being ill-cured, unripe, new, or corrupt, and so its parts dissolve not into oyl, but sever themselves, or because it is not well beaten, and searced; or made up too hot, and so hastily dispatched, because some parts dissolve too much, and others not at all: or the Spice is not well beaten, and incorporated; or by reason of some other Mixture: for otherwise there will not be any Setling at all, nor any such territorial parts, as some besides the Spaniards do imagine. This is to be understood of the Chocolata being hot: for, if it cool, the pores of

the

the water, being fill'd with a sufficient proportion of Particles, do precipitate the superfluous Corpuscles to the bottom; as do other liquors in the like case. To prevent this discovery, the Chocolata-sellers mix an egg or two or more with it, that so the indissolved, or indissoluble parts may be supported by the grossness of the Liquor. The like is to be seen, when it is prepared with Milk; which is a thicker body, and will bear more and greater parts innatant, then water: yet it is to be noted, that let the best Chocolata be prepared milled, and unmilled, and there will be a great discrepancy in the innatant, supernatant, and subsiding bodies; but in good Chocolata either there is no settling, or remanence in the bottom of the Cup you drink, if it be indifferent warm: or, if there be, it is not black, but reddish and oily, and easie to be digested; the contrary whereof is observable in the ordinary, and Spanish, as well as Dutch Chocolata.

Since that the effect of Chocolata, as to its nourishing nature depends upon the Cacao nut, that Chocolata is best, which hath most of it; all things else corresponding: and that worst, as to the aforesaid end, which hath least of it; though that be endeavour'd to be supplyed by Almonds, Filberts, Pistaches; these last being more stopping, less nourishing, and not dissolving in the proportion proportionably to the other.

Since that the Paste must be well work'd, and

and that the excellency of *Chocolata* lies in that the parts of the *Cacao nut*, being not too much dissolved into an oyl; for then it will not keep; nor endure the heat of your hand, or pocket (especially in *Cakes*) but melt; and yet must be kept in a box, or place temperately hot, and free from moisture, or it will mould and decay: or, in that the said parts of the *Cacao nut* be sufficiently dissolved; for otherwise it will keep neither (in *England*, without care) nor ferment well, and attain its delicate taste; but yield a settling: Upon this score it seems to follow, that neither the putting in of *Orange-flower water*, nor *Chymical oyls*, into it at its making up, is good: for it hinders it in the *working*, to be sufficiently dissolved; or causeth it to dissolve too much: nor could I ever yet see any with those oyls in it, which would keep or carry well (especially in *Cakes*:) but this is not the only reason against them.

For, if to *Stomachs*, that are in perfect health, and of a good temper, it be prejudicial to give things too hot, and qualified rather to dissipate then continue the vigour of the *Spirits*; and such are *Chymical oyls*, and *hot Spices* in a great proportion: hence we see cold distempers, as the *green-sickness*, *rheums*, and the like, to follow upon eating much thereof; as ⁿ *Piso* observes, that ^{tis. Arom. c. 9.} eating of *Nutmeg*, (however much cryed up in distempers of the Memory, and Brain) did

did introduce, to his knowledge, forgetfulness, dulness, and sleepiness. The like is observed concerning *Nutmeg* and *Mace* in *Java* by ^o *Bontius*: and *Rondeletius* somewhere ^o *J. Bontius de Med. Ind. Lib. I. cap. 5.* *Ginger* to make them look pale: of which ^{De Aromat.}

I once saw the Experiment in a fair Patient; which recovered upon the discontinuing of what she drunk by advise as *Physick* for a cold *Stomach*. But however that I do not approve of the putting in of those *East-Indy Spices*, yet I do

not any way disallow those more delicate and mild ones of *America*; the defect of which I suppose is not to be supplied by any *Cloves*, or *Nutmegs*, or *Black Pepper*. And although I do commend our *American Spice*, yet

would I not have excess of them, but a mediocrity; especially of the *Chiles*, or *long red Pepper*, which though it be very good for weak *Stomachs* (which reign generally in the *Indies*, and hot Countries) yet hath it its faults, which I have already recited: yet of this, that, which is brought as the richest from *Spain*, (and imitated by several here) is too full; so as that I have felt the impression of it on the glandules

^p As to the *Chymical oyls*, you have a further exception against them hereafter: be pleased here only to add, that such oyls being dissolved in the *Stomach*, as they are more [•] *dissipable* (so as to relinquish the *Cacao-nut* in the *Stomach*, whilst they diffuse themselves by the *Nerves*, or *Veins*, into the body) and more *dissipating* being *vigorated* by the *fire*, and *disengaged* from the *gross parts*, which *detained* them before in *solid Spices*; so the use of them frequently or constantly produceth the same infirmities, that do the *Spices* themselves.

glandules of my throat for a long time after I drank of that *Chocolata*.

Since that it is necessary, that *Chocolata* be kept at least a moneth, before that it can arrive to its proper Taste; which is a known thing, and I have tryed it: even that, which so pleased him above any, that *Spain*, or *Flanders* produced, had not the advantage of time; for a moneth after it had a much more excellent taste then before. It being so, we are to have regard to the particular age of the *Chocolata* to be used: for, if it be new, it is not come to its Maturity, nor attained that perfection, which is to be gain'd by long Digestion, and Fermentation; it being observed, that several Compounds (which is demonstrable in *Treacle*, and *Mithridate*) derive a particular virtue from a long Fermentation, distinct from what the several Ingredients new put together have: nor is this benefit of Fermentation to be denyed to *Chocolata* (though it can never be bad, if the Ingredients be good, and well ordered, and proportioned) since we experience it in the good *Chocolata*, that it becomes better; and in the bad, that (however it may taste well at first; if the nuts be corrupt, and musty) it will suddenly grow worse, notwithstanding the goodness of the Spicery.

Since *Age* and *Fermentation* is so requisite to the improving *Chocolata* (which is avowed by the most accurate *Spanish Physicians*: I leave it to the consideration of

Men,

Men, if the making it up into *Cakes*, or *Loz:nges* can be so good; since neither in so small a proportion, nor so small a bulk do Compounds ferment well, nor Spicy preparations keep their vigour.

Besides, if *Age* and *time* be requisite to the imbettering *Chocolata*, how can any *Chymical Oyls*, or *Spirits*, be properly put in, since they admit not so long keeping, but evaporate, and so destroy the Composition intended to be enriched by them: they carry away with them the choice parts of the *Cacao Nut*, and deal by *Chocolata*, as hot *Drinks* and *Spicer* by our bodies, which create *Apoplexies*, *Palsies*, and other *cold Distempers*.

CHAP. V.

Concerning the effects of *Chocolata*.

TO speak concerning the particular effects of *Chocolata* may to some seem a superfluous attempt; and to others impossible. The former may ground their Opinion upon what I have said of the *Cacao Nut*; whose *virtues* and *nature* being known, we cannot ignore the *nature* and *effects* of the plain simple *Chocolata*, such as alone hath the commendation of the *Indian Experience* for so many years: it being made up of nothing but *Cacao Nuts*, and *Pocholt-grain*,

grain, (which I suppose to be all one with the *Panizo*) incorporated ; and in time of use it was dissolved in *Atolle*, (which what it is I have already told) and that this was refrigerating, and very alimentous, is undubitable. The *Achiote*, *Orichelas*, and *Vaynillas*, were not ordinary Ingredients, but occasionally put in, as People's Stomachs could not bear the common Composition, it being too cold, or too Unctuous (and so relaxing of the Stomach) to Persons of a more then ordinary debility of Stomach : and according as they were more or less weak, so they put in more mild Spices, as the *Vaynillas*, &c. or the more violent, as *Agies*, or *Guiny-pepper*. So that I, having enlarged about the *Cacao Nut*, may justly seem to decline a repetition of what I have said. And as to more elaborate Compositions, abstracting from the already declared nature of the *Cacao Nut*, and other Ingredients already related, or hinted, it seems impossible to declare any great thing concerning those, since their Compositions are unknown, and not established by Experience, but the conjectures of *Physicians*, or ignorant *Chocolata-makers*, who amass what soever is good, or pleasant alone, to be an Ingredient of this Composition. Which course is very vain and foolish, since even *Cordials*, and *hot things* (however effectual in swoonings, or distempers of cold and wind) are prejudicial to the healthy, and suit not

with

with all Tempers ; no, nor with any as constant Diet, but as *Medicinal*, which is not the real use of *Chocolata*. The *Indians*, as they used it for food, and daily aliment, prepared it as aforesaid : upon occasion of Fevers, and other hot Distempers, they made some little alteration of it, suitable to the disease, and so in Fluxes, and Dysenteries, and imbecillity of Stomach. They put no Sugar in it, nor otherwise enriched it in that they ordinarily fed on ; and to this day they have not encreased their way beyond <sup>q Mr. Gage
Chap. 16.</sup> *Cacao*, *Achiote*, *Maiz*, and a few *Chiles*, and a little *Anise-seed*. Nor did the Spaniards vary much from it, long after they had subdued the Indies. About fifty years ago it began to be used in *Spain*, being sent over for a delicacy, after that they had enriched it, and given it a pleasant *gusto* at *Mexico*. And what is now used, if we look back to *An. Colm. de Ledesma*'s way, is of a newer date : and if it scarce have the credit of being experienced ; much less have the several variations created since : which have no other Original, then that a *Spanish Physician*, finding his Patient used, or inclined to *Chocolata*, prescribed it to him, or her, with a mixture of these Spices, or other pleasing and rich Ingredients (and sometimes not so) to be taken to open Ob-

^r Thus *Ant. Colmenero*

says, you may add the seeds of *Melons* and *Pompions* of *Valencia* dried, and powdered, or *Ceterach*, *Amber-grise*, and *Musk* ; others add *Trechises* of *Rhubarb*, *Madder-roots* powdered, and prepared steel, and so give it, as an alterative.

structions,

structions, and to strengthen Nature after a general course of Physick premised: and this kind of *Chocolata*, being successful in the recovery of one Grandee, or eminent Lady, must be propagated to be the entertainment of others, whose indispositions require it not, or whose healthy condition cannot bear it. For it is not to be thought, that *Guzman de Alfarache's Hospital of Fools* is confined to *England*; no, in other Countries there are those, that can be as impertinent in their *Chocolatas*, or other *Cordials*, as our Ladies, and Gentlewomen are, who obtrude upon their Visitants their Diet-drinks, Herb-pottage, *Cordials*, and *Confestions*, with the solemn recommendation of, It was used by such and such:---It contains nothing, but what is opening.---It is good for the Spleen, or Liver.---It dissipates wind, ---and a thousand such like prefatory Discourses to endear to them their mischief. This is that, which hath occasioned that variety of *Chocolata* in *Spain*, so that scarce two houses in *Sevil* make it alike. And amongst us the case is worse, since that the mixture of Chymical Oyls (unknown in *Spain*) and several Magisteries, give scope to *Chocolata* makers, and Ladies to practise with, as well as Physicians.

I thought it my duty to give publick notice hereof, to the end, that Physicians might be acquainted with the reason of the great discrepancy in *Chocolata*, and that others might

might be cautioned against the following the particular preparations of several persons, who have sophisticated and spoiled one of the most excellent and healthful drinks in the world. It is true, that Physicians say how in Alteratives there is little mistake in the dose, or quantity: but this respects their being given once, or but for a short time: and so these alterative *Chocolatas*, being taken but once, or seldom (if the Ingredients be not violent, nor the body Cacochymical, nor the season sickly) may little endammage the sound; and as little amend the sick. But, if they be often taken, or constantly by way of repaste, it is not to be doubted, but how little error soever be, or can be committed in the dose, a great one will be committed in the continuance, if either the body be healthful, or possessed with a distemper not requiring (or repugning to) the additional Ingredients in the *Chocolata*. And several have experienced the consequences of this variety of mixtures, and uncertainty of compounding *Chocolata*: for, having taken *Chocolata* of *Antwerp* for Hypochondriacal distempers, by using that of *Spain* they have instantly been molested with the Hemorrhoids. Some, having been troubled with a virulent Gonorrhœa, and debilitated therewith, have took the plain *Cacao*-paste with Nutmeg, Mace, Cinnamom, and Sugar, to advantage; but being indifferently well, or recovered quite in a manner, by drinking of *Chocolata* made

made up with ordinary Pepper, they have relapsed, or incurred a sharpness of Urine, to their great astonishment; they not understanding the difference of *Chocolatas*. Others, having been troubled with the apprehensions of a Consumption, and Cough; and having found benefit by the simple *Chocolata* used by some ordinary sellers of it, meeting with a parcel of what hath been esteemed choice, and rich, by using it they have been damnified in their health; their Rheums have been increased by a colliquation of the humours, the palat of their mouths being brought down by the keenness of the *Chiles* acting on the glandules about the throat; and, their blood being heated, their sleep hath forsaken them. In fine, the issue hath been altogether contrary to their expectation, and perhaps the Physician, who recommended it, hath, as well as his Patient, entertained an ill opinion of the Drink, whereas they ought to blame the *Chocolata*-makers, who inform them not of the variety of Ingredients, wherewith it is made.

I come now to represent the virtues of the compound *Chocolata*, the praises whereof I would not have understood of the several rich Compositions not authenticated by experience, nor known to the world, nor those Authors I shall alledge: all they say is to be restrained to the plain *Chocolata* of the Indies made up of the *Nut*, *Maiz*, *Achiote*, a few *Anise-seeds*, and *Chiles*; pro-

portioned, and suited to the temper of the Patient, and given in pure water, or *Atolle*, (and the last more or less plain, as occasion served) or of what was not discrepant from it by the mixture of any vehement Spices of the East-Indies, but the more milde ones of America, as the *Vaynillas*, *Jamaica-pepper*, Sugar, and the like; which being within no unsuitable latitude, I shall report their Characters promiscuously.

Franciscus Fernandez, principal Physician in the Kingdom of Mexico under Philip II. and appointed by him to enquire diligently, and to write of the Natural and Medicinal Rarities of that Province, saith of *Chocolata* thus: *Es una de las mas saludables, y práciasas bebidas, de quantas hasta oí estan descubiertas: por que en toda esta bebida no se echa cosa, que sea mala, ni haga danna à la salud, si no todas cordiales, y de mucho provecho, para vi eios ninos, mugeres preñadas, y gente ociosa: y conviene no beber tras della, ni comer otra cosa, ni hacer exercicio despues de tomarla, si no estar se un rato quieto. Y deve tomarse bien caliente.*

It is one of the most wholesome and precious Drinks, that have been discovered to this day: because in the whole Drink there is not one Ingredient put in, which is either hurtful in it self, or by commixtion; but all are cordial, and very beneficial to our bodies, whether we be old, or young, great with child, or others accustomed to a

‘ sedentary life. And we ought not to drink, or eat after the taking Chocolata; no nor to use any exercise after it: but to rest for a while after it without stirring. It must be taken very hot. ~~This~~ This is the Character of Chocolata with Achioite in it: for Fernandez did much approve thereof.

Dr. Juanes de Barrios speaks thus of it: Digo pues, que es menester considerar, que al principio, que esta bebida se començo à usar, se hacia de menos simples, y cosas, que el dia de oí se hace, por que los Indios antigos de Guatimala no echevan en el lo que oí echa: y no es de maravillar, por que en las comidas, y bebedas, y cosas compuestas, el uso, y el tiempo las perficiona, hasta darles el punto de la salud, y de gusto, que oí tiene, y esto passa en los usos, hasta darle su punto.

I say, it is to be considered, that in the beginning, when this Drink of Chocolata came first to be used, it was made of fewer Ingredients, and things, then it is now made with; because the antient Indians of Guatimala did not put into it them, as now: nor is that to be marvelled at, because in meats, and drinks, and all manner of compositions it is Natural for them not to be begun, and perfected at once: but this must be done by time, and practise; till they arrive at that height of healthfulness, and taste, which they get at length. And, having said this, he adds, Es comoda pues ella sola suple el almuerzo, y algunas otras comidas, por

por que con ella no es menester, pan, ni carne, ni bebeda: y en une momento se hace, y sacona, lo que no ai en las otras. It is good alone to make up a breakfast, and supply other victuals; because, having it, you need no further meat, bread, or drink: and in a moment it is prepared, which is not to be found in others.

Dr. Juanes de Cardenas concludes thus of it: Y digo, que usado con esta advertencia, sera de mucho provecho para la salud, y es bastante a alargar los dias de la vida; por que fuera de que da buen sustento al cuerpo, ajuda a gestar el mal humor, vacuandole por sudor bieses, y urina: y digo otra ves, que entierra ninguna es mas necessario, que en las Indias, por que como es humida, y dexativa, andan los cuerpos, y estomagos llenos de flemas, y de superflua humedad, laqual con el calor del Chocolate, se cuesse, y convierte en sangre, lo que no hace el vino: por que realmente antes se azeda, con la flema, y suele abitar mas.

And I say, whosoever takes it with the cautions, and directions aforesaid, takes it with much benefit, and it conduceth much to the lengthening of his life; and the reason is, because it yields good nourishment to the body, it helps to digest ill humours, voiding the excrements by sweat, and urine: and I say, it is no where more necessary then in the Indies, which are moist, and apt to create lassitudes, their bodies there being, together with their Stomachs, full

of Phlegm, and superfluous moisture, which are concocted by the heat of *Chocolata* into good Blood; which is an effect beyond what Wine produces: for the Wine doth degenerate into sourness, and corrupts together with the Phlegm, and multiplies indigestion.

John de Laet, Secretary of the *West-Indy* company in *Holland*, a Man accurate both in the Geography, and natural History of the Indies, represents it thus: *Chocolate variis modis componitur pro cuiusque appetitu: de qua hoc tantum dicemus, quod praeclarè nutrit; verum si nimis crebrè & immoderatè sumatur, debilitat, & alia præterea adfert detrimen- ta. sc. immodicus usus potionis è Cacao con- fectæ plurimarum infirmitatum & morborum causa est: quia generat Obstructiones, cor- rumpit colorem, & inducit Cacochymiam, & similes pravos effectus.* *Chocolate* is made several ways according to each Man's fancy: concerning which we shall only say, that it nourisheth very well; but, if it be used too much, and too often, it begets weaknes, and other indispositions: sc. the immoderate use of it multiplies Obstruc- tions, spoils the Complexion, and introduc- ces a *Cacochymy*.

Jacques Amproux in his *Natural and Moral History of the Peoples of America*, (ch. 16.) gives us this Intelligence, *Le Cacao croist en la province de Guatimala, pres la Neuve-Espagne, qui est aussi un fruit tres-renommé en toute*

toute l'Amerique, pour être le principal In- gredient, qui entre en la composition de la Chicolate, ou Chocolate, d'ont on fait un bruvage souverain pour fortifier la poitrine, dissiper toutes les humeurs malignes, qui s'y at- tachent, chasser la gravelle, y tenir le corps frais, y dispos, pour veu qu'on le prenc moderé- ment.

The Cacao grows in the Province of *Guatimala*, in *New-Spain*: it is the most re-nowned Fruit in all *America*; because it is the principal Ingredient in *Chicolate*, or *Chocolate*, which makes a sovereign Bev- erage to strengthen the Stomach, to dis-pel all evil Humours, that trouble it, to e-vacuate the gravel, and to preserve the body fresh, and in full vigour, if it be taken moderately.

Gul Piso quotes this Passage as from the experience of *Ant. de Ledesma*, whom he recommends as a credible Author. *Motus e- nimi iis, inquit Ant. de Ledesma, que in Indiis fieri solent, cum illuc pervenisset, a- grotantiumque domos, aeris calore ferventes per- currerem, aliquando haustum aquæ petere soli- tus, vitales restinguendi faces gratiâ, Indorum suauum Chocolatam sui compescenda conveni- entiorem bibi: sibiisque id factum, leniebatur exinde ardens bibendi desiderium: etiam si je- junus assumpisset, Stomachi tamen vires refe- das sentiebam. Ex eis potionis continuato- usu alii mecum impinguefacti sunt: cum ta- men pleraque Ingredientia, excepto Cacacio,*

¶ Maizio, quod calida & sicca sint ordine tertio, ad extenuationem corporis facere videantur: sed constat ratio; butyrosæ enim Cacacii partes pingue reddit corpus; calidæ vero, quæ confectionem ingrediuntur, pro vehiculo inserunt, quo pinguis ista substantia ad jecur deferatur, & inde in cæteras dimanet partes, tandemque ad carneas demum derivetur.

Having a curiosity to see to acquaint my self with the Rarities of the Indies, at my being there, I went to visit my Patients, and being thirsty I used to call for some water to allay my drought, and defect of vital Spirits; at length by the persuasion of the Indians I drank Chocolata, as being more convenient to allay my thirst. And indeed upon the drinking of it I found my vehement desire of drink to leave me; and, if I took Chocolata in a morning, I found it did much corroborate and refresh my Stomach. By the continual use of which drink I, and several with me, became fat; notwithstanding that most of the Ingredients, except Cacao-nuts, and Maiz, be hot and dry in the third Degree, and seem more ready to extenuate. But the reason is, for that the unctuous and butyrous parts of the Cacao-nut do fatten, whilst the other Ingredients serve only as vehicles, to distribute those others to the Liver, and thence to the whole body. This is the account he gives from Anton. de Ledesma: his own Observation in Holland is as follows; Quia maxima

maxima pars Ingredientium, excepto Cacacio, in Europam non deferuntur, substitui possunt; & solent vel vulgaria illa Indiæ Orientalis Aromata, vel alia aliqua semina, aut flores cuique regioni & individuo convenientia. Quod & fieri sepe in Belgio vidi, & ipse cum voluptate viriumque refectione hic confectionem gustavi. Porro non memini aliquem nostratum (modo non ferverent illi Hypochondria) ex quotidiano usu ejus potius male habuisse. Multis contra morboſis medelam artulisse scio, præſertim Hæticis, Catarrhosis, Asthmatiſis, quibusque precordia languerent. Because that few of the Ingredients of Chocolata, except the Cacao-nut, are brought into Europe, instead of them there are, and may be substituted either those common Spices of the East-Indies, or other Seeds, and Flowers, suitable to the particular condition of each Climate, or individual Person. Which I have often seen done in Holland, and I my self have drunk of it with great pleasure, and refreshment of my Spirits. Nor do I remember, that any of our Countrymen [Hollanders] was ill, or any thing the worse for drinking of Chocolata daily; except he were troubled with Hypochondriacal heats. But, on the other side, I am sure on my own knowledge, that it hath done much good to many, who were very sickly, and in particular to several troubled with Hætic Fevers, Catarrhs, Asthmas, and imbecillity of the Stomach, and Vitals.

Be-

Besides the virtues attributed to *Chocolata*, I desire it may be observed what he tells us done in the compounding of it; how, instead of the true *American* Ingredients, other succedaneous ones are employed, *viz.* the Spicery of the *East-Indies*; betwixt which and those of the *West-Indies* there is no resemblance, the one being milde, the other violent: and against the use of which (even to the total exterminating them) this Author hath

¶

Gul. Piso
Hist. utr. Ind. writ a Discourse, however that he allow in *Mant. Arom.* them to be substituted for the other in *Chocolata*.

cap. 9. Nor is the commutation of Spice for Spice onely; even other Flowers and Seeds are substituted, and this he knows to be done in *Holland*: which being so, how can any re-

In *Spain*, to commend the use of *Chocolata*, not knowing what Ingredients are in it, or knowing that ing, or leni- comes from *Holland*, where other Ingredients tive, they put then ought to be, are put in for certain; in *Alexandri- an Roses*, as though it be as uncertain what they are, or *Ledesma*, and whereunto effectual? It is further to be ob- others ac- served out of his words, that such Ingredi- knowledg: and what if ents are to be put in, as suit with each particular one should Climate, and individual Constitution. Where- meet with a fore the same *Chocolata* is not to be promiscu- parcel of such Chocolata, nor by men sick of different diseases. Which was observed before by me in this Discourse, and I take notice of it here again occasionally, whom it may to shew, that I am not singular in my opinion. to be so? They who sell *Chocolata* understand not any distinction.

Mr.

Mr. *Gage* chap. 16, tells us of it: That where it is so much used, the most, if not all of them, as well in the *Indies*, as in *Spain*, *Italy*, *Flanders*, (which is a cold Country) finde, that it agreeeth well with them. True it is, that it is used more in the *Indies*, then in the *European* parts, because there their Stomachs are more apt to faint then here, and a cup of *Chocolatte* well-confectioned comforts and strengthens the Stomach. For my self, I must say, I used it twelve years constantly, drinking one cup in the Morning, another yet before Diner, between nine and ten of the Clock; another within an hour or two after Diner, and another between four and five in the afternoon, and when I was purposed to sit up late to Study, I would take another cup about seven or eight at night, which would keep me waking till midnight. And, if by chance I did neglect any of these accustomed hours, I presently found my Stomach fainty. And with this custome I lived twelve years in those parts healthy, without any Obstructions, or Oppilations, not knowing what either Ague or Fever was. Yet I will not dare to regulate by mine own the Bodies of others, nor take upon me the skill of a Physician, to appoint, and define, at what time, and by what Persons it may be used. Only I say, I have known some, that have been the worse for

“ for it, either for drinking it with too much Sugar, which hath relaxed their Stomachs, or for drinking it too often: for certainly, if it be drunk beyond measure, not only this *Chocolatte*, but all other Drinks, how innocent soever, may be hurtfull. And if some have found it opilative, it hath come by the too too much use of it. As when one drinks o- vermuch Wine, instead of comforting and warming himself, he breeds and nourishes cold Diseases; because Nature cannot overcome it, nor turn so great a quantity into good nourishment. So he, that drinks much *Chocolatte*, which hath fat parts, cannot make distribution of so great a quantity to all the parts: and that part, which remains in the slender Veins of the Liver, must needs cause Oppilations, and Obstructions. But lastly, to conclude with this *Indian* drink, I will add what I have heard Physicians of the *Indies* say of it, and have seen it by experience in others (though never could I find it in my self) that those, that use this *Chocolatte* much, grow fat, and corpulent by it: which indeed may seem hard to believe; for considering, that all the Ingredients, except the *Cacao*, do rather ex- nuate, then make fat, because they are hot in the third Degree. And we have already said, that the Qualities, which do predominate in the *Cacao*, are cold, and dry,

“ dry, which are very unfit to add any substance to the body. Nevertheless it may be answered, that the many unctuous parts, which have been proved to be in the *Cacao*, are those, which pinguefie, and make fat: and the hotter Ingredients of this Composition serve for a guide, or Vehicle, to pass to the Liver, and the other parts, untill they come to the fleshy parts: and there finding a like substance, which is hot, and moist, as is the unctuous part, converting it self into the same substance, it doth augment, and pinguefie. Hereupon he recommends it to the *English*, to be drunk by them: I shall not instance many Testimonies out of him, to evince its general use among the *Indians*; besides what he sayes in the Chapter already cited, in his *Relations of Guatemala*, and *Chiapa*, he mentioneth their use of it, more then once: and speaking of *Chiapa* (chap. 15.) he hath this following Story, which because it evidenceth the Opinion the *Spanish Dames* have of *Chocolatte*, I shall insert at large.

“ The Women of *Chiapa* pretend much weakness and squeamishness of Stomach, which they say is so great, that they are not able to continue in the Church, whilst a Mass is briefly huddled over, much less whilst a Solemn high-Mass is sung, and a Sermon preached, unless they drink a cup of hot *Chocolatte*, and eat a bit of Sweat-

‘Sweat-meats to strengthen their Stomachs,
‘For this purpose it was much used by them
‘to make their Maids bring them to Church
‘in the middle of Mass, or Sermon, a cup of
‘Chocolatte, which could not be done to
‘all, or most of them, without a great con-
‘fusion, and interrupting both of Mass, and
‘Sermon. The Bishop, perceiving this a-
‘buse, and having given fair warning for
‘the omitting of it, but all without an a-
‘niement, thought fit to fix in writing
‘an Excommunication upon the Church-
‘doors against all such, as should presume at
‘the time of Service to eat or drink with-
‘in the Church. This Excommunication
‘was taken ill by all, but especially the
‘Gentle-women much to heart, who pro-
‘tested, if they might not eat or drink in the
‘Church, they could not continue in it to
‘hear what otherwise they were bound
‘unto. The chief of them knowing what
‘great friendship there was between the
‘Bishop, and the Prior, and my self, came
‘to the Prior, and me, desiring us to use all
‘means we could with the Bishop for re-
‘voking that his Excommunication so hea-
‘vily laid upon them, and threatening their
‘Souls with damning judgment for the vi-
‘olation of it. The good Prior and my self
‘laboured all we could, alledging the custome
‘of the Country, the weaknes of the Sex,
‘whom it most concern’d, and also the
‘weakness of their Stomachs, the contempr,

‘that

[95]

‘that might ensue from them unto his per-
‘son, and many inconveniences, which
‘might follow, to the breeding of an uproar
‘in the Church, and in the City, whereof
‘we had some probable conjecture from
‘what already we had heard from some. But
‘none of these would move the Bishop; to
‘which he answered, that he preferred the
‘honour of God, and of his house, before
‘his own life. The women, seeing him so
‘hard to be intreated, began to stomach
‘him the more, and to slight him with
‘scornful and reproachful words; others
‘sleighted his Excommunication, drinking
‘in iniquity in the Church, as the Fish doth
‘Water, which caused one day such an up-
‘roar in the Cathedral, that many Swords
‘were drawn against the Priests, and Pre-
‘bends, who attempted to take away from
‘the Maids the cups of Chocolatte, which
‘they brought to their Mistresses: who at
‘last seeing, that neither fair nor foul means
‘would prevail with the Bishop, resolved to
‘forsake the Cathedral, where the Bishop’s
‘own, and the Prebends eyes must needs be
‘watching over them; and so from that
‘time most of the City betook themselves to
‘the Cloyster-Churches, where by the
‘Nuns and Friars they were not troubled,
‘nor resisted, though fairly counselled to
‘obey the command of the Bishop; whose
‘name now they could not brook, and to
‘whose Prebends they denied now all such

re-

relief and stipend for Masses, which formerly they had used to bestow upon them, conferring them all upon the Friers, who grew rich by the poor impoverish'd Cathedral. This lasted not long, but the Bishop began to stomach the Friers, and set up another Excommunication, binding all the City to resort unto their own Cathedral Church, which the Women would not obey, but kept their houses for a whole moneth : in which time the Bishop fell dangerously sick, and desired to retire himself to the Cloister of the *Dominicans*, for the great confidence he had in the Prior, that he would take care of him in his sickness, Physicians were sent for far and near, who all with a joint opinion agreed, that the Bishop was poysoned, and he himself doubted not of it at his Death, praying unto God to forgive those, that had been the cause of it, and to accept of that Sacrifice of his life, which he was willing to offer for the zeal of God's house, and honour. He lay not above a week in the Cloister, and as soon as he was dead, all his body, face, and head did swell, that the least touch upon any part of him caused the skin to break, and cast out white matter, which had corrupted, and overflown all his body. A Gentle-woman, with whom I was well acquainted in the City, who was noted to be somewhat too familiar with one of the Bishop's Pages, was commonly censured to have

have prescribed such a Cup of *Chocolatte* to be ministred by the Page, which poysoned him, who so rigorously had forbidden *Chocolatte* to be drunk in the Church. My self heard this Gentle-woman say of the Deceased Bishop, that she thought few grieved for his Death ; and that the Women had no reason to grieve for him, and that she judged he being such an Enemy to *Chocolatte* in the Church, that, which he had drunk at home in his house, had not agreed with his Body. And it became afterwards a Proverb in that Country, *Beware of the Chocolatte of Chiapa*. Which made me so cautious, that I would not drink afterwards in any house, where I had not very great satisfaction of the whole Family.

A certain Spanish Physician of Sevil, who made it his peculiar inquiry to search into the nature of *Chocolata*, as he doth on every occasion shew himself extraordinarily learned, and to have consulted all the publick Discourses and private Manuscripts about it, so he manifests a great regard to the Testimony of Experience, which he avows to be so favourable for *Chocolata*, that there is not one, who doth drink it, and doth not feel himself to be manifestly refreshed, and strengthened, as well as delighted by it : and that, whereas none hath been known to live above seven dayes by drinking Wine alone, one may live moneths,

T.H.

and

198

and years, using nothing but *Chocolata*. In fine, he himself saw a Childe weaned, which could not be brought by any Artifice to take any food, and for four moneths space he was preserved alive by giving him *Chocolata* only, mixing now and then some crumbs of bread therewith. So powerfull a virtue hath it to nourish, and strengthen. Nor doth he allow it for food alone, and the preservation of Life, but medicinally, as a thing, that is advantageous to health; for he gives this Character to a preparation of *Chocolata*, which is almost the same with what I made for His Majesty. *Antiquam compositionem Chocolatis Indiae & Hispaniae enarrare, hoc tempore nullius fruicis erit;* quoniam illud habuit, ut ad ultimam perfectionem deveniret. (i. e.) 'It is not worth while to recount the antient wayes of compounding *Chocolata*; because this proposed is arrived at its heighth, and last degree of perfection. *Hec est omnium potionum pretiosior potio: bac in commodis salutis omnes superat, illarum nempe, quae in bodiernam diem aut voluptas invexit, aut decurrentium seculorum series alternata conspexit; quia nec in ea, dum in aliis potionis reducitur, nec aliquo simplicium, ante ejus ingressum, vita defuit necessarium, neque voluptati, quod non valeat illecebrè appetitum allicere: sunt enim alia alimento gratissima, alia Aromaticè virtute roborantia, alia cordi auxiliantia, dum Nectar vivificum instaurant,*

seu

199

seu spiritus dissipant malignos, aut naturales robuste mixtiones producunt: sunt & omnia vite longioris producenda aptissima: quoniam *Chocolate ultimè qualitate, quæ resultat ex fermentatione, ut theriaca, calorem nativum roborat, & promptè instauratione influentem (ob facilem conversionem) multum & laudabilem sanguinem gignit. Ob substantiæ tenuitatem, & fermentationis efficaciam, indissolubiles & robustos spiritus, immortali labore & studiorum collimationi aplissimos, facultates precipuas, & temperamenti mixtione, & Aromaticè virtute in vigore conservat: moderato calore dum concoquuntur, fatus turgententes dissipat, ac penetratione aperienti obstrunctiones aperit, menses provocat, & inter alia ventrem plerisque lenit; & super omnia cibaria vires presentaneè & promptissime reficit, quod res alie essentia potabiles non ita promptè agunt: quo videtur singulari differentiæ ob aliis differre.* 'This is the most precious Drink of Drinks; this excells all others in advantages for our health, which either Time by a long succession of years, or encrease of Luxury and Pleasure to this day hath acquainted us with: because neither in the *Chocolata* it self being made into a Drink, no nor in any Ingredient thereof, is there any thing wanting, that is necessary for the Life, or de- This is to be understood not of the ordinary Spanish *Chocolata*, against which my Author protests; but of what is made up, as I prepared that for His Majesty, which varied little from his way.

H 2

light

light of Man, and so to invite him to use it. Some things in it are most pleasant nou-
rishment; others strengthen by their Aro-
matal virtue; others are Cordial, and re-
vive the vital Balsanie, or Nectar, either
dissipating evil and burthenosome Spirits, or
producing new ones of a durable nature.
In fine, all are transcendently qualified to

To obtain this then, it must be
kept, and fermented; and conse-
quently neither what is made in-
to Cakes, (which will not keep,
nor ferment in so small quantities)
nor what is made in Powder,
and mix'd with Spicery, as it is
prepared to drink; nor what is
made alone into Paste, and kept,
and spiced in the time it is to be
used; can be approved of, since
the latter wants the benefit of
fermenting with the Spicery, and
the Paste alone grows effete, and
insipid.

by the tenacity of its parts, and efficacious
fermentation, it begets strong and indissi-
pable Spirits, and so enables Men vigo-
rously to prosecute their Studies, and tedi-
ous exercises of the Brain, it strengthens
and preserves in full vigour the princi-
pal faculties in men by the exquisiteness
of its temperament, and Aromatal pow-
er: being digested, with its moderate heat
it dispells Winde; and by its penetrancy,
and opening quality, it removes Obstructi-
ons, provoketh the monethly evacuations
in

in Women, and, amongst other qualities, ^x This is to be
understood it generally preserves the body ^x soluble:
only of such and it doth more speedily and readily refresh Chocolata, as
and invigorate the bodily strength, than any his was, be-
other sustenance whatever, no other potable li- ing rich of the
quours [which yet do most quickly rourish] Cacao, and
producing so speedy and sensible an effect: moderately
whereby it seems to be peculiarly differenced spiced, & that
from all other Viands. with milde
Spices: yet
did he put in
a good quan-
tity of Cinn-
amom.

CHAP. VI.

How to make use of the Chocolata by prepa-
ring it into Drink.

I Think I have sufficiently (at least accord-
ing to my present leisure, and the unsup-
plyable want of my own Library, and Col-
lections) manifested the effects of Chocolata;
I shall now treat of the way of preparing it
into Drink, when any hath occasion to use
it. And because that the Composition it self
is of the Indian discovery, as I have hitherto
still directed my inquiries by searching into
their Usages and Opinions concerning the
several Ingredients, so I shall now begin
with a recital of the several ways they use to
prepare it into Drink: and for this I have
the most accurate account from ^a Mr. Gage, ^a Chap. 16.
(who yet seems to transcribe Ledesma)
whom I shall therefore transcribe, with
such

such Animadversions, as may seem pertinent.

The manner of Drinking it is divers. The one (being the way, which is used in Mexico) is to take it hot with Atolle, dissolving a Tablet in hot Water, and then stirring it, and beating it in the Cup, where it is to be drunk, with a Molinet, and, when it is well stirred to a scum, or froth, then to fill the Cup with hot Atolle, and so drink it sup by sup.

This way of preparing it may seem (since it is the way of Mexico) to have been the way, that Motezuma treated Bernaldus del Castillo with, when he caused to be brought forth *jarros grandes hechos de buen Cacao, con su espuma,* 'great jarrs made with good Cacao, with its froth. It is not to be questioned, but that the pure Cacao-paste, well dissolved in hot water, and long, and violently agitated with a Molinet, will raise a considerable (but not lasting) Froth, not inferior to what, with less agitation, is seen where Eggs entire, or Yolks alone, are put in :

in : much more perhaps it may froth, if that Paste had *Pochol* or *Paniso* grains mixed with it ; or, if being well milled before, it were a second time milled upon the commixture of the *Atolle* : for the *Maiz* flower would make it froth much; and it is from the commixture of *Maiz*, or *Bean-flower*, (or perhaps some other substitute) that some *Chocolata* doth now froth more then others; though the difference in the milling likewise produce a variety. I have already explicated what *Atolle* is, in the beginning; and so shall not repeat it ; but onely add, that, from this way of the Indians using it, our Physicians may order it to be drunk with streined Water-gruel, Almond-milk, or *cremore ptisane*, or any other mixture they please, that is more, or less nourishing, as they please ; ordering the *Chocolata* according to the aforesaid Method : concerning which Dr. Juanes de Barrios gives this admonition, *Para hombres y mugeres Sanguineos no se tome con Atole, por que aumenta la sangre; sino con aqua, poco anis, Chile, y acucar, y mingunas especies Aromaticas, ni cosas de oler. Y para los Flegmaticos se haga con todos los Ingredientes, que avemos dicho, o con mas especies de lo ordinario, y se tome mui caliente. Y en los Melancholicos, que se haga sin Chile, poco anis, y con coras de buen olor, y que se tome tibio.*

' For men and women of a Sanguine Complexion, it is not to be taken with *Atolle*,

be-

because it multiplyeth Blood in the body;
but with Water, a little Anise-seeds, Chiles, and Sugar, but no Spicery is to be put in, nor sweet scented things, for such persons. But, for the Phlegmatick, let it be made with all the Ingredients used in the Indies, or with a greater quantity of Spices, then is ordinary, and let it be taken very hot. And, for the Melancholy persons, see it be made without Chiles, with a few Anise-seeds, and with Ingredients of a sweet smell, and taking it luke-warm.

Which Caution may not only direct us as to Atolie, which is not to be made, or used in England; but illustrates and confirms an Animadversion of mine formerly laid down: viz. that according to the several tempers and distempers of persons there ought to be framed variety of Chocolata; and that to be given variously, as the discreet Physician shall propose; and this is agreeable (you see) to the procedure of the Indies.

Another way of drinking Chocolatte is, that the Chocolatte, being dissolved with cold water, and stirred with the Molinet, and the scum taken of, and put into another vessel, the remainder be set on the fire, with

as

as much Sugar, as will sweeten it, and when it is warm, then to poure it on the scum, which was taken off before; and so drink it.

I understand not the reason of this procedure; unless it be for ornament sake: it looking more pleasantly being thus ordered, then if the water were hot, and milled to a froth with Chocolata, and so drunk. It is certain, yet strange, that the Cacao-paste, being milled well with cold water, will froth as much, and yield as plentiful a scum, or cream upon settling, as it will do if it were milled in hot water: and I have shewed how that cream is fat, and the water also is fatty (though cold) in which it is milled, but it comes not to that red colour, which the other hath, which is prepared hot. This scum being taken off, and the rest heated, and put to it (pouring it on high) makes it look more pleasantly on the top, then if it were a bare solution of the Cacao-paste, (which will dissolve in it, so as not to precipitate any settling almost, whilst it is hot) and the Cacao-paste which remains (after the froth is taken off) to be heated dissolves sufficiently in the water by meer heating, without milling.

Besides

[106]
Besides these ways, there is another way (which is much used in the Island of Santo Domingo) which is to put the Chocolatte into a Pipkin with a little water, and to let it boil well, till it be dissolved, and then to put in sufficient Water, and Sugar, according to the quantity of the Chocolatte, and then to boil it again untill there comes an oily scum on it, and then to drink it.

This way I was at first much pleased writing here, and upon tryal I found, that it did more of I did try it perfectly dissolve the Nut then any, and reduced it into a perfect fatty broth, which did not at all offend my Stomach: but notwithstanding, and it was standing that it did not offend mine, yet I very pleasing, fear, that neither the astringent bitterness rightly far of the Cacao-paste (which alone I drunk) then any o. nor the aid of Achiole, Sugar, and Spices but I obser- (which may loose their virtue by boiling, ved, that the and are not used by the Indians) will render Spice had a it supportable to tender Stomachs; so ex- more vehe- ceeding unctuous is the broth, or Drink. and taste, then otherwise: which happened either because the boiling added a sharpness to them; or that the compages or body of the Composition was more lax'd, then otherwise: for not being mill'd, it did not seem so well commix'd, as otherwise.

But

[107]
But the most ordinary way is, to warm the water very hot, and then to poure out half the cup-full, that you mean to drink; and to put into it a Tablet, or two, or as much, as will thicken reasonably the water, and then grind it well with a Molinet, and when it is well ground, and risen well to a scum, to fill up the cup with hot water, and so drink it by sups (having sweetened it with Sugar) and to eat it with a little Conserve, or Maple-bread, steeped into the Chocolatte.

Of this last way Mr. Gage saith not only, that it is the most used, but that certainly it doth no harm, and he recommends it to the practise of the English: he gives no reason why the Chocolata may not be milled with all, but a part of the hot water; nor do I apprehend any, except that the vessel, in which it is made, may be so little, as that it may not be able to contain the whole liquor to be milled, and prepared: for it must be done in a pretty deep vessel, that it may have

have room to dash about the sides, without flying out, or running over, as it is mill'd: and I am sure either it is not true, otherwise I think no man will believe, that there can be so equal and due commixture in the Chocolata-drink, if one half only be mill'd, and the other half of water poured to it; as if the whole were milled together: and consequently, it cannot be

Wherefore the way now used at Seville seems more rational, whereby it is thus made. The Chocolata-cake in a due proportion (that is, in my Chocolata, one ounce of Paste, two ounces of Sugar, and eight of Water) is dissolved in hot water; it never boiling at the fire after the Chocolata is put in; be-

^b I am sure, that the simple Cacao-Paste sours not by boiling long, and several times; no not my compound Chocolata: but it is possible, that the Vaynillas, Alexandrian Roses, or some other Ingredient in Spain may upon boiling give the drink a sourish taste. Or it may subvert the Stomach by becoming too oily, or unctuous, as I observed before.

once mill'd, if it cool again, it is not to be heated and mill'd a second time, and so drunk. Because, they say, it corrupts, and sours: and herein they avouch their Experience, and desire no reason may be urged against it. This Caution, being given

con-

concerning the best Spanish Chocolata, and which most resembleth mine, I could not omit: and I am sure either it is not true, though we finde a difference in broths, when twice heated) or it must arise from some ingredient (I suppose the Vaynillas) and not from the Cacao, the simple paste whereof I took and mill'd, and kept it several days, and heated it again; and it was neither

sowre, nor offensive to my Stomach: and I kept it three days longer, and then heated it, milled it, and tasted it, and it varied not its relish, but was inoffensive, and free from sowrishness. I boiled some of mine, and drunk it cold, unmilled, without annoyance: and I know a Lady, that with success boiled it twice. Here in England we are not content with the plain Spanish way of mixing Chocolata with water: but they either use milk alone; or half milk, and half conduit-water; or else thicken the water (if they mix no milk with it) with one or more eggs put in entire, or yolks only into the water, or where milk is mingled with the water. In which way, as it is sold in the Chocolata-houses, there are these inconveniences: if it be done with milk, it is natural for milk, being hot, and standing so, to cast up a Scum; and, if it cool, it creams: so that, if the Chocolata be kept after it is milled, and not immediatly drunk, either upon your second milling it you must cast away the scum (or cream, if it stand cold) or milk it

it into the *Drink* ; the former course weakens it, by casting away also the flower, or cream of the *Chocolata* ; and the latter renders it unpleasant. And as to the mixture of eggs, if they be put in with the *yolks* and *whites*, and suffered to stand, the *white* will harden, and disgrace the *Chocolata* ; but if only the *yolks* be put in, and well milled, I have tryed them so, by not only letting the *Chocolata* stand hot before the fire, but even to boil it again, and mill it, and let it again stand for several hours before the fire, and I have not perceived it to vary the taste, or to embody into any thicker consistence then before it had; only I observed, that it did not yield so much cream, (or scarce any) on the top, nor such visible discoveries of fattiness, as it would have done otherwise: and the settling at the bottom (which upon refrigeration seemed as great, as if no egg had been mix'd with it, though the decoction or water were thicker much by reason of the additional *yolk*) did not carry so much *unctuousness*, being tasted, as did those other settling, which I had tryed, without commixing any egg with them, either only once milling, or boiling them also. From whence I leave it to the more mature consideration of others to determine, whether the commixture of an egg be good, since it seems to hinder the dissolution of the *Cacao* into oily or *unctuous parts*; and whether it may not produce

duce a like effect in the *Stomach*, as it does in the *Pipkin*, (Concoction being but a sort of Elixation) and so impede the nourishment expected from the *Chocolata*: it being oftentimes as true,

Quæ prodesse queant singula, juncta nocent :
as that other Saying,

Et quæ non prosunt singula, juncta juvant.

But these Experiments were made with the simple paste of the *Cacao-nut*, and not with compound *Chocolata*.

In *Spain* to *Cholerick* constitutions, and where there is any extraordinary heat, or inflammation of the Liver, or *Kidneys*, I find, that there is a more milde and temperate way of *Chocolata*, then is usual, prepared: or else the usual one is diluted with *Endive* or *Scorsonera* water: and where Phlegm and Crudities abound, there it is prescribed with the water of *Radishes*, *Fennel*, or *Carduus Benedictus*, which (say they, though some in *England* protest against it) vary not the taste, but encrease its virtue. It is given thus by way of alteration, as are other alteratives, general Medicines being promised; and every sixth day there is either another gentle purge given, or the *Chocolata* is then dissolved in an infusion of *Melchocan*, or the like. In the *Winter* it is drunk hot

[112]
hot (being given to open Obstructions) and in the Spring it is drunk in a more moderate temper: after it they prescribe Exercise for an hour, or half an hour, which must be moderate: and this course is continued thirty, or at least twenty days, or indefinitely till they be well: which they will soon know, the pale recovering their colour, and the short-breathed their wind; the Urine amending its colour, and consistence: and all Symptoms either mitigating, or ceasing. But, if the Obstructions be inveterate, and too difficult to be overcome by this method, then they prescribe every day half a dram of Rhubarb trochiscated to be mix'd with the Chocolata, or of Madder-root, or a dram of Steel prepared. And this is the Spanish practise, and from which Anton. Colmenero de Ledesma varyeth not much; as he, that shall compare him with my Intelligence, will easily see.

There is another way of drinking Chocolate cold, which the Indians use at Feasts, to refresh themselves, as it is made after this manner. The Chocolate (which is made with none, or very few Ingredients) being dissolved in cold water with the Molinet,

net, they take off the Scum, or crassie part, which riseth in great quantity, especially when the Cacao is older, and more putrefied: the Scum they lay aside in a little dish by it self, and then put Sugar into that part, whence the Scum was taken, and then poure it from on high into the Scum, and so drink it cold. And this Drink is so cold, that it agreeth not with all Mens Stomachs: for by Experience it hath been found, that it doth hurt, by causing pains in the Stomach, especially to Women.

I should except against this way, not for the bare coldness only, (though c Piso and Auton. e Gul. Piso in Colmenero de Ledesma agree with Mr. Gage Mant. Aro- mar. cap. 13. in the noxious effects of Chocolata drunk thus cold) but because of its nauseousness: for I found it to offend my Stomach with its coldnes, more then if it had been pure water; and the nauseousness was insupportable, which did arise from the fat of the Nut dissolving in the water, and rendering it

[14]
it as odious, as would be fat Mutton-broth drunk cold. The Spaniards drink not the simple Cacao-paste dissolved in cold water, as do the Indians: but as that Nation is inclined to drink Snow, Snow-water, and Drinks refrigerated in Snow (which are more authenticated by custom, and *iodisyncriasis*, then reason) so they refrigerate and freeze their solution of Chocolata, richly Aromatised, with Snow: and so the Gallants, especially the Ladies, drink it; reputing the Spice a sufficient corrective of the coldness, and nauseousness of it. I do believe, that it is not this way so nauseous, as the Indian way: but I cannot believe it wholesom, since so cold Drifts (before the heat

I caused some Chocolata of my ordinary sort to be boiled, and some I milled, the other part I did not; and drinking both of them cold, I did not finde any disagreement, but a pleasingness to my taste: yet was that unmilled very fatty.

of the Spice be attuated by the Stomach) do often make a fatal and irrecoverable impression upon the Stomach it self, and Lungs, and Heart, and Womb; and is generally (not universally) condemned even as poison by the Spanish Physicians, however that their authority is suspended by a contrary practise received in Madrid, and Sevil.

As to the time of taking it, it is held (by the Spaniards) the most fit time to take it in the Morning, and Supper being digested, and the Body fresh, and the Stomach empty to receive it; (or else it may be taken in the morning not upon the

first

[15]
first stirring, and before any repaste, but after the taking of some other sustenance in a moderate quantity: (for then it seems most acceptable to the Stomach, and most necessary for the undergoing the employments of the subsequent day. Besides crude, and indigested, or depraved reliques of the last night's meal are hereby either reduced under a second concoction for the use of the body, or oued the Stomach for its ease. The Chocolata it self also is much more easily concocted, and distributed, whilst there is not any thing else in the Stomach to delay, or retard its progress into the Veins, and va-

sa chylifera: its influence is then more sensible to dissipate any noxious Vapours.

Which Effects are to be supposed to follow, if it be taken with moderation; being neither of too thick a consistence, nor too large a quantity: Some there are, who have taken it usually, instead of Wine [which is their table-drink in Spain] at Diner, and Supper: but this hath not been sufficiently experienced, that it may be vulgarly permitted;

d It is an indubitable Truth, that after digestion, and descent of the Chyle into the guts, there are still some remainders in the Stomach, which by long fasting, or particular indisposition, do corrupt, and grow acid: such, continuing so, are not to be wrought on; but, if they be diluted by the mixture of warm Chocolata, Nature will then concoct it, as it doth Spirit of Vitriol, or the like with Julep.

e If it be too thick, they say, it will obstruct: if it be too thin, it yields neither delight, nor nourishment considerable.

“ mitted ; since perhaps custom, or individual
“ constitution, or a moderation in Diet,
(which helps all errors, but is not vul-
garly to be presumed on) “ may render it
“ only innoxious to them. But it is certain,
“ that it may freely be taken four or five
“ hours after Diner, Concoction being then
“ finished, and the meat not only dissolved
“ in, but distributed in great part out of the
“ Stomach. And so it will enable them to
“ persist till night, or (if they eat no sup-
pers) “ the day following. Nor need any
“ fear, that being taken at such a time as
“ four or five a clock, it will prejudice his
“ sleep the night following: for such accidents

f Mr. Gage (Ch. 16.) saith,
that, when he purposed to sit up
late to study, he would take a
cup about seven or eight a clock
at night, which would keep him
waking till midnight. I took it
my self twice at ten a clock at
night, and I think it did render
me less sleepy then ordinary;
though I am usually one of little
sleep.

“ hot and Cholerick a temper, that it can-
“ not bear Chocolata moderately spiced,
“ or compounded with milde Spices. But
“ in Phlegmatique Persons, and such as are
“ aged, it is observed, that it causeth them
“ to rest excellently well.

“ They further caution us, If we be dry,
“ or

“ or in Summer, not to drink Chocolata till
“ we have first drunk some cold water,
[which is instead of Beer to them in Spain,
when they drink not Wine] lest Chocolata
[as it is now compounded with Spices, and
Sugar] “ should produce, or augment our
“ thirst. And, after we have drunk Choco-
“ lata, they strictly prohibit all manner of
“ Drink; for, whether Water or Wine be
“ drunk after it, there do frequently ensue
“ very dangerous Diseases, and Symptomes,
“ A very observing Spanish Physician as-
“ sures us upon his own knowledg, some have
“ been thereby immediatly seised with a
“ vertiginous indisposition, and

g I have been ascer-
tained also of these ac-
cidents by one, who li-
ved many years in Por-
tugal, and made Choco-
lata there.

“ giddiness; & others with a Cho-
“ colera; very many have fallen
“ speechless. It is also prohibited
“ by them as hurtfull in Fevers,
[because prepared otherwise then
by the Indians] “ as augmenting
“ the Disease. So they prohibit it in Fluxes,
“ by reason of its lubricity to encrease the
“ already excessive laxity of the guts: yet
“ they confess it hath sometimes been bene-
“ ficial in Lienteries.

But, in conclusion, my Author tells us,
that “ It is a certain thing, that however
“ these Cautions may seem rational, yet it is
“ not observable, how the drinking of Cho-
“ colata can be reduced under any certain
“ model of Rules in the taking it; since it
“ is become so universally used [in Spain] “ that

" that it is taken at all hours, and times; it
" is the delight of the Masters, the sustenance
" of Families, and the grand entertainment
" of Friends: *quia jam sine illo vitam nesci-
" unt*; because they know not how to live
" without it.

There is another way of taking it made into *Lozenges*, or shaped into *Almonds*, with *Orange-flower water*, *Amber-grise*, *Sugar*, and the white of an *Egg*, *gum-dragant*, and perhaps some other Ingredients. As to the former way of making up *Chocolata* into *Lozenges*, or *Cakes*, and so eating it, my *Spanish Author* gives it this Character, (which indeed extends to both sorts) *man-
dendo, aut in buccellis comedere, insuperabiles
obstructiones creant, seu dum fiunt bellaria cum
saccharo, aut in pasta comeditur*: 'To eat
' *Chocolata* in *Cakes*, or otherwise by bits,
' begets insuperable Obstructions; that is, if
' you eat it made up into *Confects* or *Sweat-
meats* with *Sugar*, or in *Paste*. I cannot,
I must confess, pass so general a sentence on
Chocolata: I suppose the Opinion of it is to
be regulated by the goodness of the *Choco-
lata* that is eaten; and that I leave to be ex-
amined by my precedent Discourse about
the variety thereof. That the *Cacao-nut*
is nourishing, there is no doubt of it; that
the *simple paste* may innocently be eaten, I
think too: but that *Chocolata* made up with
so great a proportion of *Sugar*, and with such
Spices, *Oils*, and *Essences*, as are used (all, or
some

some of them) in the *Chocolata* designed for
that use, I believe no *Physician* will promi-
scuously, and without distinction of Persons,
allow it, but who hath another Opinion of
Sugar, and *Spicery* (except what I have re-
commended) and *Chymical Oils*, and *Essences*,
then I have in this case, or many other. It
is true, *Hippocrates* saith, *It is easier to be
nourished with Drinks, than solid meat*; and
that *They, who have need to be quickly refresh-
ed, must be dieted with Drinks, or potable li-
quours*: but these two Sayings make not for
the giving of *Chocolata* in *Paste*, or *Confects*,
no more than his recommending in
sundry cases *Ptisanes* of *Barley* doth en-
courage us to give to weak Stomachs *barley-
bread*: or, because *Almond-milk* is good,
therefore to recommend the *Maccaroni* of *I-
taly* so condemned by ^h *Fienus*. Should I say ^h *Fienus* did
never so much for the one or other way, flat.
and evince them to be better, then any pre-
parations of *Almonds*, and *Pistachias*; as I
believe them to be: yet would they still
be *Sweet-meats*, and consequently more used,
then approved. And the Obstructiveness of
them, how inveterate and obstinate soever,
above *Almond* and *Pista-
chia-sweet-meats*; that I cannot take any *Sugar'd Drinks*, or *Sweet-
meats* without a sensible disorder of my blood: but I never found,
that *Chocolata*, though drunk with a double proportion of *Sugar*, be-
sides what is in the *Paste*, or *Cake*, did ever offend me; but re-
fresh and comfort me very much: nor did the *Chocolata-Cake* eaten
ever offend me, though I never found it to strengthen, or satisfie
much, nor the *Nuts* when eaten *dry*; which is a strange effect,
yet perceptible to any that drink, and eat it, or the *Nuts*.

arises

arises not from any particular badness of the Cacao-nut, but from the general un-wholesomeness of all Confects, and Sweet-meats. And this I shall not now make out by Arguments, (though it might easily be done) but by the instance given by Dr. Hart in his *Diet of the diseased* (lib. 1. cap. 22) and it is as follows. I remember, living in Paris 1607, a young Clerk, living with a Lawyer in the City, procured a false key for the Closet, where his Mistress's Sweet-meats lay: and for many days together continued thus to feast with her Sweet-meats, and loaf-sugar (whereof there was no small store) untill at length he became so pale in Colour, lean in Body, and withall so feeble, that he was scarce able to stand on his legs; insomuch that the skilfullest Physicians of the City, with the best means they could use, had much ado to restore him to his former health again. A little time will shew whether the use of these new Cakes will be as prejudicial to health, and productive of *Consumptions*, and other weaknesses of the back, or *Hypochondria*, in our English Women; as the rest of Sweet-meats have been: for it is the general opinion, that the multitude of Sweet-meats used by our Ladies is the occasion of our aforesaid Diseases so much increasing. I shall not now enquire into the verity of the Opinion: for there are instances of Countries, in which Sweet-meats are much more used then here amongst us, and yet they are not so molested, as we, with those Di-

stempers.

stempers. I say then, that the ill effects of Sweet-meats do but accidentally follow upon their use, and therefore we ought to examine those circumstances, that occasion his variety of effects: which I have not leisure to do, nor that opportunity, which I expect amidst the Sugar-works of the West Indies.

CHAP. VI.

The Author's judgment concerning Chocolata summarily delivered, as to its effects, and the ways of using it.

IT were easie to evidence the excellency of warm Drinks above those, that are taken cold, if I had leisure: for certainly, if the use of Drink be to allay thirst, to moisten the body, and to distribute or help the digestion of the food we take; it is not to be doubted, but hot Drinks perform all this better then cold: and for the evincing of this to each point, both Reason and Experience might be alledged. For the practice of the antient Romans favours much hot Drinks; as every man knows; and the modern tryals of *Campanella*, and ^a *Gassendus*, as well as *Antonius Persius*, doth manifest, that all the aforesaid ends may be attained. ^a *Gassendus*: ^{Phys. Sect. 2.} ^{1. s.c. 1.} *Si habatur ratio* *valetudinis, docet experientia quam saepe gelida potus noceat, quam* *nunquam potus calefacta.*

by

by warm or hot Drinks: and particularly, as to the quenching of thirst, it is undeni-
able, that hot Drink not only quencheth it
at present, but prevents its return, better then
cold; and yields as much delight, maugre
the assertion of *Pliny*, that all Animals de-
sire cold Drink: and that mushy Definition of
Aristotelian Philosophy, that *Sitis est appe-
titus frigidi & humidi: Thirst is a desire of
cold and moisture;* which is notoriously
false, disproved by the Arguments and try-
al of *Gassendus*, as well as others. Yea Drinks,
that are taken hot, surpass themselves in their
effects, compared to what they do when
taken cold. Thus hot water drunk daily
before Diner cures the Stone, and Gravel
in the Reins, as *Zecchius* affirms, and ^b *Tral-
lian*: and the benefit others have found
by it doth manifest. Wine drunk hot doth
much more corroborate a weak Stomach,
then when drunk cold; as ^c *Coffeius* avows,
and hath been tryed by several in Con-
sumptions, to my knowledg. I shall not
speak concerning the Decoctions of *China*,
root, *Sarsa-Parilla*, and *Guajacum*, of which
the same Assertion may be made. I have not
leisure to insist hereon, nor the conveniency
of my Library to aid my memory with ci-
tations at present. I suppose then, that, in
general, *Chocolata* is rather advantaged, then
prejudiced, by being an hot Drink.

It is of an unquestionable nourishment: for,
as it is the chief sustenance of the *Spaniard*
Indies,

Indies, this cannot be colourably denied:
and though Pope *Urban the Eighth* did
declare it in discourse, and by a solemn *Bull*,
that it was meerly a Drink, and so consistent
with the *Fasts of the Church*; yet few believe
him infallible therein, who understand the
Drink: and the *Carmelite-Friers*, by way
of Mortification, have a Statute amongst
them in the *Indies*, that they will drink no
Chocolata. You will not finde Mr. *Gage* to
take a journey, but he makes it an impor-
tant care to provide *Chocolata*: nor is he
singular therein; but follows the general
example of the *Spaniards*. Whether he is
treated publickly by *Towns*, or privately by
particular *Persons*, his entertainment and
refection is *Chocolata*; agreeable to what
Acofta says, ^d It is a Drink very much esteemed ^d *Lib. 4. cap.*
among the *Indians*, wherewith they feast No-
ble-men, as they pass thorough their Country.
The *Spaniards*, both Men, and Women, that
are accustomed to the Country, are very greedy
of it. The Nut is one of the richest com-
modities of the ^e *West-Indies*: and however ^e *Acofta lib. 4.*
some disallow the use of it raw, or roasted, ^{cap. 22. Gage}
^{chap. 16. Benzon. lib. 2.} others do repute it less obtrusive, and
more wholsom then they judge it to be.
The Nut is of an exceeding fatty substance,
being viewed in a *Microscope*: in a *Jamaica-*
nut I could observe large and spreading
Veins or streaks of white fat, which I sup-
pose to make the fat, which appears upon
digesting, or boiling it without milling it.
Examining

Examining the *Caraca-nut* by a Microscope I could observe nothing of fatty veins, or streaks; yet is not that Nut leaner, then the other: I know not whether I ought to call it *oyl*, or *fat*; and for either appellation I may be questioned: but, give it what name you please, I dare avow, that one ounce of *Cacao-paste* well digested will yield more fat, then a pound of fat *Beef*, or *Mutton*, even when stewed. Besides the *fat*, which never so separates from the other parts, as to lose totally its bitterness, whereby it is preserved agreeable, and not *nauseous* to the *Stomach*, there is a red part, which principally contains the bitter parts: it hath been generally reputed as an *earthy* and *obstructive* thing; but, without doubt, it is as necessary, as any part of the *Nut*, and as little to be rejected: for it is that part, which fortifies the *Stomach*, and enables it to bear the *oyliness* or *fattiness* of the rest of the *Chocolata-potion*: it preserves the taste in its vigour, and the appetite, which would otherwise be dulled by the fatty potion: and as it helps digestion in the *Stomach*; so in the *Guts*, it promotes Concoction there; and corroborates them: all which is not to be denied to parts of that relish, as we experiment daily in herbs of a *bitterish taste*: nor need we to fear its *costiveness*; for, as none ever experimented such an inconvenience by taking good *Chocolata*, so I think it impossible, it should bind; since it is *fermentation*

mentation, that we owe each stool to; and it is impossible what promotes that in the *Guts*, can ever create a prejudice by too great an *adstringency*. It is strange, that all Ages and Countries finde it to agree with them, and the effects of it are such every where, that it alone may seem to supply all food and *Physick*. I have heard and read Discourses of *Panaceas*, and *Universal Medicines*: and truly I think *Chocolata* may as justly at least pretend to that Title, as any. For indubitably *Health* is nothing else but *an ability to discharge the several ends, to which Nature hath designed us*: and this depends upon the preserving each *individual person* in the *individual constitution*, which Nature hath given him. For howbeit, that we propose to our selves the *Ideal* (conformable to what *Polycletus* did in another case) of a man *exactly tempered*; yet it is not the intent of a *Physician* to reduce every Patient thereunto: to the *Cholerick* it is his *nature*, not disease to be so; and so for the other *complexions*: and to subvert the *particular temperament*, is to *destroy*, not to *cure*: and the *attempt* will not succeed. To preserve a Man herein, it is necessary, that his food be such, as digests well, begets good *Blood* and *Spirits*: and that this *Blood* (in which according to the *Scripture* is the *life of Animals*) be depurated so by the several *emundiories*, as that it may qualifie the party to exercise those acts, the performance

ance whereof is an evidence of life; and the well-performance of them, Health. It is natural for the *Blood* to purge it self by several ways; and, if that be done, all the *Operations of Life*, and the intermissions of any of them, will be according to *Nature*. To imagine, that this can be performed by *Medicines*, is an impertinent folly: the *Blood* is more naturally purg'd by *transpiration*, and *sweat*; by *urine*, and *seige* duely discharg'd; by *spittle*, and *snot*; then by any *Purges*, or *Vomits*, or *Electuaries*, or *Phlebotomy*. It is not to be done much less by one *Medicine*; for though such an *Arcanum* were in being, as would depurate the *Blood*, and revive the decayed *ferments* of *Nature*: yet would it require other circumstances to effect this, as a *moderation* of *Diet*, and the six things *non-natural*, &c. without which it can do no more on the *blood*, then the mixture of *barm* doth to *wort*; it may be ready to produce a *fermentation*, but it will not open a *bung-hole*, or create *vents* for the *Drink*. Frequent *Phlebotomy* hastens old *Age*, besides other inconveniences: frequent *Purges* are much worse; for it is usual with *Nature*, when taught one course to pursue that to the *discontinuing* of other *evacuations*: so that, to teach *Nature* to *disburthen* her self into the *Guts*, and *Stomach*, (neither of which are designed for *Vehicles* or *receptacles* of *Excrements* remaining after *digestion*, or *cast* in there by *Nature*, but for a

continued

continued *Concoction*, prosecuted by *Nature* from first to last) is to teach her to omit her other *evacuations*, which are as necessary as going to *stool*, and (which is more) to accustom her to disburthen her ill *Humours* into those parts, the right *Tone* whereof is that, whereon principally *Health* depends.

Let us consider, how our *Palat* and *Taste* is disorder'd by the *defluxion* or *redundancy* of an *insipid Salt*, or sharp and *Vitrioline* *Humour*: let us examine the like inconveniences, when they befall the *Stomach*, and by this *Analogy* conjecture at the effects, which arise in the *Guts* upon the like accidents. And can we think it prudence to use *Nature* to discharge it self into that *Chanel*, so often as we do? View the *World*, and you will see, that not one of those, that constantly take purging and opening *Diet-drinks*; that deal so much in *Pills of Scammony*, and other such like *Purges*; not one of them, but is more or less *Hypochondriacal*: whereas those *Country-people*, which *sweat*, and *labour*, enjoy an *undisturbed health*, *strength*, and *fresh colour*.

To apply all this, since the nature of *Health* is such, as I have described it to be; and that it depends upon such means, as I have specified; it is undenyable, that there is not any thing hitherto extant in *Phyfick*, that may compare with *Chocolata*, which is not only *mony* in the *Indies*, but *food*, and *Medicine* too every where. It yields good

good nourishment, with this advantage, (wherein it surpasses all *Wines*, and *Cordial Spirits*) that its nourishment is not only quick, but less dissipable then theirs. It begetteth such Blood, as fitly depurates it self by *Stool*, *Urine*, *Spittle*, and *Sweat*; as I have observed in my self: and consequently there cannot be any thing more apt to preserve *Health*, and *vigour of Spirit*. I must profess it to be the Assertion of the *Indian Writers*, that it *opens Obstructions*, *provokes Urine*, and *Sweat*. I dispute not its *temperament*, be it *hot*, or *cold*, or *imper-vestigable*: but I shall tell my own Experiments, consonant to the *Indian Discourses*. I never could finde any such effects, when I took it mix'd with *eggs*, or *milk*: and indeed I like not much either of those ways, since the *N't* there seems to differ much from it self, when prepared alone; as I observed in the dressing of it with the *Yolk*; and the same I have observed with the *white*, when commix'd the ordinary way; though I must needs say, that I have so put in, and mill'd the whole egg, that the *whites* have never curdled, though it hath been heated twice. But, to pursue my inquiry into the truth of the *Indian assertion*, I prepared it the *Indian* and *Spaniſh* way, and walking upon it, I felt my self to be seised with a gentle sweat, or moisture, and moderately to purge by *Urine*, and to *expectorate*: and this I finde constantly to befall me, if I take it so:

so: and it less offends the *Stomach*, and refreshes more, then any other way. Having been lately at a *Fish-diner*, I found my self not well after it; *Coffee* gave me no ease: but rather encreased the *Distemper*; till I forced my self to vomit several times: having done so, I went to bed (it being night) and drunk a large draught of hot *Chocolata*, prepared the *Indian* and *Spaniſh* way, and I suddenly fell into a *sleep*, and *sweat*: and so continued all night-long, and found my self perfectly well in the Morning. This effect seemed more strange, because many think *Chocolata* to oppose sleep, but I found my repose then very suddain, and lengthened at least three hours beyond what I usually take. Since that, I have sundry times taken it that way, *going to bed*, and I have found it no way to prevent sleep: nay, I never sleep better, then when I take it: and therefore I am ready to give this Reason for Mr. *Gage's* taking it, as often as he was to sit up; not to keep him *awake*, but to *preserve his Spirits*, which in the *Indies* need a frequent supply of food. Or it may be said, Since sleepiness, and natural sleep are two things, that *Chocolata* may allay *splenetic fumes*, and *drowsiness*, and yet promote natural sleep.

And as *Chocolata* provokes other Evacuations thorough the several *Emunctories* of the body, so it doth that of *Seed*, and becomes provocative to lust upon no other account,

count, then that it begets good Blood ; that nourisheth much, and, as it nourisheth, separates the already inexistent superfluities ; or varies, and degenerates into new Excrements, which are to be discharged out of the body by their several passages, one whereof are the *Spermatick vessels*. If I do call the *Seed* an excrement, I am sure I have *Aristotle's* authority for it : which will make it the less a *Paradox* to the *vulgar* ;

vide *Prosper*, whilst others ^f concur with me herein, who by *Alpin. Medic. Excrement* understand nothing, but *quod Naturam method. lib. 11. cap. 13.* *tura excernere decreverat*, what Nature intended to excern : and that the *Seed* is such a thing, is undenyable, I think. The use of *Venery* is as natural, as for a Man to blow his nose : though not so lawfull every way ; since even simple Fornication is prohibited the ^g *Gentiles* with as strict necessity, as

g *Ag. 15.29.* the eating of blood, and things strangled : And however after-times have absolved themselves from the necessity, which prohibited the latter, by eating strangled Rabbets, and black-Puddings : yet have few or no *Divines* attempted the former, or alleviated it : howbeit that ***

h *Petron. De vicit. Rom. lib.* And it is an unquestionable Experiment, that moderate *Venery* eases the Chest, *5. cap. 1.* vives the Brain, impinguates the Body, and *Prosper. Alpin. Med. me. thod. lib. 3.* cures or contributes much to the cure of many Diseases in both Sexes : it is admirably effectual in hot Distempers, and mad-

ness

ness of the Brain in young unmarried folks ; as I have seen, both in *Maniacks*, and *Melancolicks*, whose Cure hath been more facilitated hereby, if not totally effected, then by repeated *Phlebotomy*, and extenuating Diet, and *Potions*, or *Electuaries*. Yea, I have known a *Chronical Tertian* break in the *Spring* by a *Critical solution* of this nature : which, however it may seem incredible, is I am sure true ; nor had the Party ever before experimented those pollutions ; but he did instantly recover, and was so far from being debilitated with a *large Critical eruption*, that he was beyond belief at that very time refreshed, and strengthened in his Spirits. I shall not insist upon the benefit Women receive hereby : though I could recite an infinity of Cases out of the Physicians for *Nunneries*, that might be considerable herein ; their *Hysterical fits*, *Hypochondriac-melancholy*, *Love-melancholy*, *Atrophy*, their *Spermatical Fevers* (related by *Sinibaldus* in his *Geneanthropia*) are instances of the necessity hereof : and then the great prudence of *Moses*, who, if he severely prohibited, that there should be no *Whore amongst the Daughters of Israel*, he took great care for their timely marriage. As for Men, I have known many, who, being absent from their Wives but a few days, would be troubled with a smelling of the *Testicles*, or an unusual paleness, and stupor of Brain seising on them, who would finde

finde a constant and infallible Cure again in the embraces of their Wives. Nor is this passage designed by Nature alone for the evacuation of the Seed : I have shewed how a Chronical Tertian critically did break that way ; and many other eruptions happen that way, then are Seminal. I mention not the virulent Gonorrhœa; but intend other Pollutiones, and Ejections, which are recorded in the books of the *Roman Casuists*, especially *Gerson de pollutione nocturna*. And, if I be thought immodest in this Discourse, I am sure the *Chancellour of Paris* is never named (no not by Protestants) but with honour, notwithstanding what he hath writ ; and there are Passages in the Bible, that retrench, as much upon Civility, as any thing, that hath fallen from my pen : and I treat of nothing, but what is as much included within my Profession, as within the Subject of *Casuists* ; and why should I be more blamed ? Is it not one of the ends of Marriage to prevent burning ? yea, is not this the principal Argument insisted on by the Protestants in the behalf of a marryed Clergy ? ***

Let us then take it for a certain Position, that *What yields the best Blood, and promotes all naturall expurgations, is the best of Food, and Physick.* And that *Chocolata* is such, appears by what I have already said. I cannot allow it to be Provocative upon any other

other account : (if it be prepared without any lustfull Ingredients) and it hath this advantage above the most substantial Butcher's meat (the taking whereof with chearfulness, and manly exercizes, is the best Venereal preparation) that it allays, with its milde and vegetable Oilineſs, the sharpneſs of the Blood, and Nervous Liquour, which the animal Sulphureouſness of the other does not. There can be no Universal Prescript for the promoting seminal Excretions : yet, since it is a part of *Physical Institutions*, and treated on by every *English'd Institutionist*, I shall enlarge thereon, for the benefit of the married : which is a justification always sufficient for these kind of Discourses.

I take it for granted, that there is a particular ferment implanted in the Testicles, and Seminal parts adjacent, whose Nature it is, after that it hath lain digesting, and maturing for so many years (viz. twelve in Females, and fourteen in Males ; more, or less, according to the individual temperament) then to exert it self, and to vigerate the Blood, so as the whole body, as well as voice, suffers a great change : the Aspect becomes more lively, and chearfull, their Wits more ripe, their Carriage more debonair, their Nerves more agile : in fine, I may here accommodate, as to the age beginning to be qualified for thoughts of Love, what the Comedian said concerning Love, in self,

*Ad eone ex amore quenquam immutarier,
Ut non cognosces eundem esse?*

This Seminal ferment in i's first operations doth only impregnate the Blood, and ner- those places, in which it resides, with a new and unspeakable vigour, and sprightliness, without occasioning any excretion, or semi- nal congestion in the Testicles, or prostate, but inclining to erect: for the operation of each ferment hath its time, and requires a determinate Subject to operate on. Thus Lads because the Seminal ferment doth enlivens thence: for the Blood, and proportionably nature in Striplings, as it is in men of fuller growth; there being in the former a great deal of Phlegm with a small quantity of Spirit, and volatile Salt, whereas the latter is of a much different nature: and conse- so powerfull in the former, as in the latter.

From this Consideration it is easie to finde out a reason, why Striplings are longer before they eject, then others, and yield not so much pleasure to the Female they embrace. Their Seed being without doubt clogged with Phlegm, which doth more slowly

slowly issue out, and, for want of Salt, and Spirit, doth not so affect the Womb, that re- ceives it, as doth that of a grown man: and this is the reason, that one man differs from another in the pleasure arising from his embrac- es: and a Woman, accustomed to the Soci- ety of one Husband, may either not love him, or prefer another, with more excuse, then the vulgar allow, or apprehend: there be- ing a very great resemblance betwixt the Womb, and the Stomach, and as great a possibility, that the one is capable of loath- ing some — as well as the other may do some Meats; and of this, as to the variety and difference betwixt Woman and Woman, or betwixt the same Woman at one time, and at another, I have been assured by Men of great Experience, as also by sundry emi- nent Writers, as *Ulmus*, *Campanella*, and *Sinibaldus*: and *Martial* many times insinu- ates it.

Whilst it is not natural for this Seminal ferment to act, so long the Blood needs no such evacuation; and the attempts of it are prejudicial to the Health, untimely Venery hastening old age: but, when the Blood and Nervous Liquor becomes acrimonious thorough the abundance of Spirit, and Salt, and that it is impregnated by the Seminal ferment, as water passing thorough Minerals: then it is natural for it to depurate it self by a separation of Seed in and about the Testi- cles: and that, being separated there, is not reimbbed

reimbibed into the Vessels again usually, (for in some Cases I believe it to be) but it will force its way out in nocturnal pollutions, or create perpetual inclinations to lust; or, in part remixing with the Blood, after it hath been long extravasated, it begets redness and Pimples in the face, acrimony of Blood, Sputation, Oppressions of the Chest, Palpitations of the Heart, furliness of Humour, disturbed Sleeps, Head-aches, a peculiar Distemper in the Brain, as (together with its Cure) is more evident to sense, then to be expressed by language.

i Vide Prof. per. Alpin. lib. 3. Med.

Method. cap. 6.

This is the nature of Man, who in Paradise was to encrease, and multiply; and by the fall his Nature was debilitated, not lost, ^{k Aug. de civit. Dei lib. 4. cap. 23. & 24.} In his book concerning the City of God it is avowed by St. Austin, that Adam in Paradise, before the fall, could have erected at pleasure, and that the motions of the flesh too large to were so perfectly subordinate to his will, insert here, is that he could as easily have moved his — as put in at the his hand; a constant vigour and immortality of book; to ill-spirits attending him, and being entailed on him, whilst he continued in that condition of A-^{dam's fall;} and then the dictates of his Will. The effects of this Discourse against severe of Grace bestowed on Adam are endeavour'd to be supplyed (where youth, or Nature fails; the efforts whereof are infinitely short of the pleasures of Paradise) by Salt, or

or Spiced meats, Cullises, and Jellies. But neither Anchovies, or Bononia-sausages; no Preparations of Cock or Lamb-stones, or Diastyrion equal that primitive condition: nor do the Fruits in Jamaica call'd Cuscu equal the feeding of the tree of Life, as to this point. Some are provocative only by producing a strong and well-digested nourishment. Thus solid and substantial Butcher's meat, and the like, are the only lustfull sustenance to a good constitution, and strong body, inured to vigorous Exercises: for the performances of the bed are not created therin. Ease and soft-lying do but effeminate the body, and they become unable to concoct strong meats: and the Seed becomes worse-digested, and, as I may call it, worse-relished for the Gusto of the Womb; the erection is less vigorous, and the spirituality of the seed little; and the ejaculation too sudden, weak and improportionate to the ardours, and desires, and expectation too of the Female Paramour. The Nourishment, that ariseth from substantial meats, and of full growth, is less dissipable, and more impregnated with animal Salt, then the young, tender flesh, or liquid sups: they require and preserve a strong Stomach, which lighter meats do

I hope the Presbyterians will consider this, and no longer condemn the Chocolata drinkers for Luxury, and Venereal inclinations: since it seems manifest, that there is no Venereal projects like to your constant Diet: viz. a Cawdle in a morning, milde, but hearty: a dinner of solid meats, a good Sack-posset with Eggs & milde Spice, at night; and all day a moderation in drink, and exercise.

do not : and exercise depurates the Blood, separating out the several excrements by distinct emunctories, whereby the Blood is better concocted, and capable to yield a more vigorous Seed, and to bear its ejection more easily, then otherwise it would. The Nerves and Muscles are more tense and strong, the Pulse is more full and strong after waking, then in the sleep : and every Man experiments the truth hereof in himself. To a good Constitution if you give Wine, Spiced-drinks, or other Delicacies, or Luxurious provocation, you destroy his Stomach, and debilitate him. These Incentives are only for the Phlegmatick. The others (especially the more hot) are more provoked by cooling things, and what fixes rather, then heightens the Spirits. Thus Rachel purchase Mandrakes for Jacob. Thus the amorous and Martial Turk drinks Opium, and Sibbet, to continue his lust, as well as strength : and however the generality prefer the yolks of Eggs, the most observing

¹ Petronius, and others, who have tryed it, bid me say, there is not any thing in Art, that

De vict. Ro. man.lib.3.cap. equals the white of an Egg mix'd with sonic

19. De ovis,
& lib. 5. cap. 16. Qui etiam ad sobolem procreandam majore irritamento, pluriq[ue] semine indigent, hos & efficacius & suavius concubituros, si prius, quam uxorem incant, ferculum ex latte ovorum, qua tremula nuncupantur, cum pane recenti, quemadmodum lac ipsum comeditur, triduum quartiduumve manè & vesperi ante cibam assumpserint. Neque in hoc casu præsidium aliud ullum huic par esse, save pipiones cum vino rubro, cum Aromaticis, sive Diastryrion in medium adduxeris.

temperate

temperate Cordial emulsion, or beaten with Rose-water, and mix'd cautiously (to prevent Curdling) with some strained water-gruel, or the like, and sweetened with Sugar. And being prepared this last way (or with Rose-mary-Posset-drink) it is an excellent thing for any Cold, or for a weary Traveller, causing him to rest well, and reliving his strength, so as to diminish, or take away all weariness occasion'd by hard travail. Others will be the more inclined to this Opinion not by tryal, but common reason: it being the White, out of which the Chick is shaped; the Yolk being entire, when the Chick is almost ready to hatch. It is an albuginous substance, out of which we are created, and fed in the Womb: and the Seed ejected hath a more then ordinary resemblance, in its colour, consistence, and spirituascency, to the white of an Egg. Besides, it is the white of an Egg, which makes the bread, cakes, &c. to be light; your Yolks commix'd make them heavy: the one allays all acrimony of Humours; the other encreases Choler, and augments the evil Humours in the Stomach by being easily depraved. In summ, I think it can hardly be imagined, that the Yolks of Eggs be good food; since the taste of them upon the Stomach, after the eating of other meat, is a sign of ill-digestion. And indeed the taking of the aforesaid Preparation of Whites of Eggs is never more necessary, then after those

those amorous conflicts; when the Nerves and Blood are weakened by the late effusion, and the vigorous performance of those Venereal Exercises, in which the whole body suffers a very great agitation, and the Sinews a tension answerable to the stretching of a chord; the whole Blood boils, and the Brain labours proportionable to the passion of the Inamorato: who, if he be not of too hot a Complexion, exchangeth those transports, and pleasing languours, which conclude these dalliances, for a delightful slumber; but, if he be of a more Cholerick, or hot constitution, the disorders of his Blood survive his delights, and diminish them much by rendering him Melancholy, or peevish, and either immediately, or not long after creating him an head-ach, which is not allayed but by the next night's repose. To prevent this, our wise fore-fathers in England made it a custom each Wedding-night to provide a Sack-posset with Eggs for the Bride-groom to eat of, going to bed; and also to stand by him all night, that he might eat of it, as often as he pleased, to recruit his Spirits. I should recommend the like practice (either mixing his whites of Eggs with gruel, or Sack, or Sack-posset-drink; and omitting, or lessening the yolks) to every Lover, as often as he is engaged, taking of it immediately after he hath ended his sport: whereby he will (provided it be not too thick) prevent the inconveniences of the past

I cannot rely upon my own experience in any part of these amorous Discourses, and Observations; but I owe it all to the acquaintance I have had with Persons, the vigour of whose Spirits, as it made them learned and eminent Philosophers, so it did incline them to render to love. It being observed by the Marques Malvezzi, that Men of great parts are not chaste by Nature, but Grace or Prudence makes them to be so. But, as to the taking of the white of an Egg in gruel at night, I have for some years scarce used any other Supper: and I finde it to refresh my Spirits, which are taken up with perpetual contemplations, and to allay all ardours of the Blood; and vapours, whose ceremony might disturb my rest, and to remove all weariness occasion'd by study, or travail.

out doubt Physicians cannot decline to recommend it. It chears the Spirits, begers good Blood, and opens all the Emanetories of the body, and passages, by which Nature designs the ejection of some particular Humour. And this is to be understood of the Cacao-paste, and milde Compositions of Chocolata, in which there is nothing, that doth beget a particular fusion in the Blood, and a titillation inclining a man to Venery beyond the natural disposition of the Person. What I have hitherto spoken had no further intent, then the support of that Nature, which

which God gave us, and which, as I have shewed out of St. Austin, hath been much impaired by the fall. I know many will be apt to censure this Discourse, as tending to sensuality, and the upholding carnal lusts and desires: but I suppose the more prudent will acquit me from any such imputation; since that is not the use, but abuse of Chocolata, and is common to it with all other meats of good nourishment: against which I do not hear them so to declaim, as to interdict them totally. I am not ignorant, that there is a Doctrine of Mortification, and that we ought to suppress carnal lusts: but I am to learn, that this is to be understood literally; and that we must geld our selves like Origen, or chastise our selves with the Papists, and not understand all those Doctrines spiritually, and like good Protestants, defying the exercises falsely called Spiritual by the Popish Friers, and Jesuits, who practise this literal Mortification: whilst we imagine that carnality may be subdued by other means, captivating the Understanding into the obedience of Faith, and subduing our wills, not breaking our backs; and denying our lusts, whilst we preserve a Nature and temperament given us by God. I expect the greatest censure from those, who disclaim Fasting-days, and Ember-weeks; who keep Lent with Capon, Sack and roast Beef; which is their Luxury: and what they condemn in others is but a different and less solid

Luxury, then what they pursue. I am not any way disposed to instruct Men in evil, and would not seem to encourage them therein: and, to evidence this, I shall now speak concerning the more compound Chocolatas, which are made, or used on purpose to augment Venereous inclinations. The things usually designed to exstirpate Nature to excessive Venerie are very hot, and Aromatical, and which also carry with them an acrimony, or saltiness, wherewith they continually excite Nature; which being incessantly provoked thereby casts out whatever is next, whether it be well or ill-cocted Seed, or Phlegm, or Blood impregnated with a saliness. It is not heat alone in meats, that doth it: for the effect of Cloves, Cinnamon, and Nutmegs, or Mace is not equivalent to that of Pepper, or Salt, and Salt-meats. These last operate by introducing a momentany or lasting saltiness, or acrimony in the Blood, which, as it circulates thorough each part, makes different impressions, according to the different Nature, or indisposition of the part. And, if any disease introduce any acrimony or Saltiness into the Blood, the same Persons will be much inclined to Venerie, thus those, who have the Itch, and Leprosie, as also the Melancholick Persons are exceeding amorous; however the last bear those evacuations very ill; and the lying long, and on soft beds, and living idly, doth render Men lascivious; but these are not

not natural, but *morbid inclinations*, and therefore are neither executed with that activity, nor hath their seed that relish, or *gusto* in the Womb of the *Feminine consort*, that attends *vigorous and active Men*. For *ease and idleness retard transpiration*: and those *Humours*, which should issue out according to the several intents, and *passages* of *Nature*, being *retained*, or *resumed* into the Blood again, introduce an *acrimony* into it, whereby *Nature* is extimulated to an *ineffectual Venery*. Thus, after *long Agues*, or the recovery out of *Chronical Diseases*, a *salacity* possesses the *Patient*, which as it ariseth from no other cause, then I have already specified; so it is prejudicial to the Person he embracet, for hereby Diseases are *transplanted oftentimes*, as the *Pocks*, and *Consumptions*: or new ones introduced, of which the *poor woman* is not *apprehensive*, being ignorant of this cause lying in the constitution of the seed of her Husband *newly recovered*, or *newly having fill'd his Veins with acrimony, or saline humour, occasioned by some late entertainment*. And when I consider seriously the *multiplicity of Distempers*, which affe& our English Ladies, so as that such as were *very healthy Virgins*, become *very sickly and infirm Wives*, and some recover again as soon as they are *Widows*, I cannot but think that many of their Diseases may arise from the *seed*, which their Husbands *inject*, and are *fomented* so thereby,

that

that all *Physick* becomes *unsuccessfull*, because they do not totally refrain each other's Bed. I am very confident of this Opinion of mine, that it is true: because several have assured me of a great discrepancy they could feel in the *seed* of their Husbands at several times, and that they were variously affected thereupon.

I shall evidence this by a notable History of *Laurentius Hofmannus*, *De usu & abusu Medic. Chym.* pag. 124. *Et ego ipse nobile par conjugum mirabili morbo afflictum vidi, quos hoc ipso [sc. Mercurio vita] feliciter curavi. Casum itaque hunc mirabilem, & vix auditum, lubet apponere. Quotiescumque maritus rem cum uxore juvencula formosissima habere cuperet, maxime hæc trepidabat, concubitumque illius reformidabat, propterea quod plerumque, post seminis masculini, calidissimi, & fætidissimi, effusionem, exanimis in thoro jaceret: fætor enim seminis adeo abominabilis fuit, ut ferre semper post coitum in animi deliquium inciderit. Interim tamen quinque annorum spatio decies concepit, & molas, vel exsiccator, peperit. In consilium itaque vocatus, Mercurium vitæ marito, uxori vero alia convenientia exhibui remedia; quibus Deus ita benedixerat, ut non tantum magnâ cum dulcedine nobilissimi conjuges deinceps amoris poma decerperent, sed etiam anno sequenti parentes audirent.* That is, 'I knew a noble married couple troubled with a strange sort of Indisposition, whom I successfully cured

L

with

with *Mercurius vite*. I shall report the Case, it being rare, and unheard of. As often as ever the Husband conjugally embraced his Wife, which was a Person of extraordinary beauty, and youth, she used to shiver, and tremble, and feared nothing so much as his *amours* : because that for the most part, after that she had received into her womb the seed of her Husband, which was very hot, and of a most stinking scent, she used to swoon away : for so abominably noysome was the seed of her Husband, that it was no sooner injected, but it caused faintings and swoonings in her : yet did she conceive, and miscarry ten times in the space of five years. Being demanded my advice, I gave the Husband *Mercurius vite*, and to the Wife other suitable remedies, which had so great an effect, by God's blessing, that the two Noble Personages did enjoy each other with a great deal of pleasure, and she brought forth a living childe the following year.

Nor is this repugnant to what we daily observe in *uterine injections*, which differently operate according to the different Ingredients, and Qualities. And if it be so herein, how much more ought we to allow the truth hereof in *Seminal injections*, which as they are injected, as are the former, so they are received with much more ardour, the conflux of Spirits thither occasioning a greater tension and heat there

at

at that time, so that the contagion pierces deeper ; as Infection is sooner caught by the hot, and sweating (the pores being open) than by the cold, and chill.

Let the *Women* hereby should upbraid the Men, and boast the hazards they run by Marriage : I must crave leave to tell you, that there is as great variety in their Sex, as in ours ; and that every one, that wears a Petticoat, is not capable, nor merits the affection of a Man, how beautifull soever she may be : nay, commonly it may be said, that the fairest Persons (where a mixture of white and red accomplishes the face) and the best shaped are fitter for *Mistresses*, then *Wives*, and yield a more pleasing entertainment in a *Balcony*, or *Coach*, than *Bed*. I shall not alledge the Reasons, though they are irrefragable : but only add, that it were easie to write an *Apology* for those, who, having married such, continue not their affections beyond the first moneth, or year. It is for such that the Proverb of *Hony-moon* was designed : and if any can continue a long affection for such, either the Man is extraordinary good, or cautious, or the *Woman* extraordinary cunning ; or else he is a Novice, who, having no experience of the Sex, imagines all to be as his *Wife* is ; as that *Romane Dame* supposed all Men's breath to stink (the having never kiss'd any else) because her *Husband's* did so. I could here enlarge upon the Reasons, why a

L 2

Man

[148]
*Man may love eagerly and constantly a deformed Person to the prejudice of a beauteous Lady, and assert the commendation of Ronsard to *Pasithea*, or the Queen of *Navarre*, whom he represents to be*

Of Complexion rather brown, then fair.

With which agrees the choice of *Solomon in the Canticles*: *I am black, but lovely*. But I shall only add, that it is an undeniable thing, That there is not that Variety, or certainty of Accidents, that befall a Man, so as to render his Embraces distastfull, or fatal (excepting the *French Pox*) to any Woman, that there is in most Women, to render them unsuited, or unworthy the Embraces of a Man: so great an alteration doth Age, Child-bearing, Sicknes, and the like, introduce into the Womb, as to its Natural Make, or Original Ferment. Nor are Men either to be separated for the reality of their applications, and professions, before marriage; because they live not up to them, after it: or to be censured so bitterly for inconstancy; because they persist not in their first Affection, and Declarations: for perhaps the beautifull Lady is changed; or did by Surrender acquaint him with Discoveries he knew not before, nor could make: and therefore, if he proceeded by that Rule, which his sight and utmost enquiry gave him, he acted as well as Man could; but he still might

[149]

might be deceived in the Conclusion: but that, being deceived, and knowing himself to be so, he should act, and comport himself as if he were not so, is a constraint every Man's Spirit cannot submit to: and therefore it is to be excused, as well as the principal frailties, whereunto Humane Nature is liable.

The truth of what hath been already said being granted, I shall suggest two Conclusions therefrom, which I think inevitably do follow: *viz.*

1. *If it be true, that the collection and ejection of Seed in Man, (or Woman) is a natural act, arising from the Blood depurating it self, and the Ferment of the generative parts particularly operating upon the Blood; then ought they no more to be forced, then those other natural Excretions are, of Snot, Spittle, Urine, &c. which we do not promote, but when their deficiency is, or may be troublesome: nor do we evacuate, but*

L 3 when

when we are sensible of their redundancy.

2. If it be true, that there is a great discrepancy not only betwixt the Seed of one Man and another, but betwixt the Seed of the same Man at one time, and another; which is occasioned as well by the Food, and Physick he takes, as by alteration of Age, or Sickness: it is then very considerable what Provocatives a Man takes, or a Woman gives to provoke lust, or conjugal desires, lest the Nature of the Seed be depraved, and the Woman incur harm thereby.

It likewise concerns the Woman to have a particular regard to her self, that she may with equal ardours meet the embraces of her Husband: she must know, that to retain his affection more is necessary then solemn promises, and joyning of bands in the Church, or the continuing of her beautifull aspect and shape; these may acquire, and fix a Servant, but not an Husband: she must therefore take care, that her Blood be every

[151]
ry way sufficiently depurated, upon which depends the Vigour of Body, and Minde; to the effecting whereof more is requisite, then I can now propose.

Active Complexions are only to be preserved what they are: all forcing destroys them. These therefore must have a milde and temperate sort of Chocolata; not enriched with any sort of Pepper, but that of Jamaica, nor any other Spice, then of the West-Indy growth. They need not natural heat; and the aforesaid Composition will sufficiently enliven them: but, if any debility of Stomach, or accidental weakness befall them, they may vigorate the Chocolata with a glass of good Canary, or old Malaga-Sack, when they mill it up; or take a more rich sort, but yet short of those hot and fiery Compounds used by the Spaniards. The Phlegmatick Tempers, if also abounding with ill Humours, must take Chocolata cautiously at first: premising a Purge, and taking some gentle Lenitive once in six or eight days; lest it beget too great a fusion of Humours in his body: and he must begin with milde Chocolata, and after take richer and more effectual Compositions. Nature endures not violent and suddain changes. I once had a Woman come to me to complain of the unactiveness of her Husband; who was, to see to, a lusty able Man, but Phlegmatick, and of a muddy aspect, as if Cacochymical: she desiring of me some powerfull Electuary to add courage,

rage and life to him: I prescribed her one agreeable to what *Vanninus* in his Dialogues recommends; not doubting, but he would propose the most effectual in that kind, *Lecherij* being his greatest Moral vice. He had not taken it many times, but it created in him desires altogether unusual; but, in the midst of his and his *Wife's* delight, he fell into a sudden fit of an *Asthma*, which had almost ended his days.

In reference to both these Considerations perhaps it is, that in *Italy* they now condemn *Chocolata*, if we may believe ⁱⁿ *Sinibaldus*; because it was found so Provocative, that in a little time it rendered the Men impotent: like those Plants, which, if they be suffer'd to run to Seed, dy that year. But those *Italians* know no *Chocolata*, but what is of the *Spanish*-make, and abounding with

^m *Oritur A-
spermia ob re-
rum impensè
calidarium u-
sum, quo se-
men, &y succos,
& quibus prodit
Chilli, or red Pepper.*

*excitant, &
exbauriunt; ut ruta, mentha, camphora, & alia id genus malefic: a na-
turalia: quibus addi potest nova illa forbitio, ex calidissimis herbis
ab Indis parata, quam vocant Chocolate. Hac enim Seminalem suc-
cum arefa: it adeo, ut qui illam frequentant, brevi tempore aspermati-
siant. Sinibald. Geneanthrop. lib. 15. tr. 1. cap. 20.*

I shall speak no more concerning the use of *Chocolata*, then as it is prescribed in *Hypochondriacal Melancholy*: because that this doth merit a particular enquiry; for sundry do commend it therein. *Paulus Zaccbias* in his *Italian Treatise of Hypochondriacal Melancholy* mentions it, and saith, It is not

to

to be allowed in that Distemper, but with a great deal of judgment: since he cannot believe, but it is rather hot, then temperate. And *Piso* saith, he knew none in *Holland* to receive hurt by the use of *Chocolata*, but such, as were troubl'd with *Hypochondriacal* *beats*: from whence we may collect, that, in his judgment, it could not be allowed them. Yet I have known learned Men here in *England* prescribe it in the Case aforesaid. I shall, with submission to better Judgments, solve the Question by distinguishing the several Compositions of *Chocolata*, and accommodating them to the Disease controverted. In *Hypochondriacal Melancholy* we are to consider how there are great Obstructions in the *Mesaneical Veins*, and *Cyli-
ferous Vessels*, so that no other *Chyle* is distributed into the Body, but what is apt upon the least occasion to ferment, and boil: which as it is perceivable by the Patient in the whole Body, so the multitude of *Ar-
teries* in the *Spleen*, and its *communion* with the *Stomach* (by what ways I enquire not, but the *Communion* is undeniable) make it primarily and most evidently perceivable there. There is also a Debility of the *Sto-
mach*, which is so relaxed, that it neither digests the Food received, well; nor emits it, being digested: so that it corrupts by long stay in the *Stomach*, (the Body being costive in the mean while) and grows *soar*, and so corrodes the *Stomach*, and whatever is

is ingested, it presently begets a great conflict in the Stomach, attended with acid vomitings oftentimes, and the whole mass of subtle and sharp Blood is likewise affected, and put into heat and disorder, especially the Hypochondria thereupon. Thus they are never well, full, nor fasting; and pine away, complaining of a weak Stomach: which the Italian and Spanish Galenists considering, thought the Disease to proceed from a cold Stomach, and not from an *Aqua Stygia*, or the like *Menstruum* in the Stomach, made up of the several *Salts*, and *Tartars*, extracted out of the different meats eaten, and a redundant sharpe liquor issuing out of the capillary *Arteries*, and coats of the Stomach, into the Stomach: for as the blood is in such very serous and sharpe, so is the Humour transuding into the Stomach heightened in its acrimony, and augmented in its quantity beyond measure. Now, the Question is to be understood, *præmissis generalibus*, general Purgings being duly premised, and opening Physick administred. And in this Case I answer, That hot-spiced *Chocolata* (and especially what hath black, long, or red Pepper in it, whose Nature it is to create an acrimony, as well as to heat the Blood) cannot agree with the Stomach; because they will more heat and inflame the Blood, then is tolerable: and this is confirm'd by the experience of *Piso*. But, as for milde and temperate *Chocolata*, I doubt not,

but such a sort might be made, as would exactly suit the Disease, and contribute much to the recovery, being given in water, not mix'd with milk, or eggs; but given the *Spanish* and *Indian* fashion: and the water it self being such a water, as will not stay in the Stomach, but pass immediatly into the Blood, and void it self by Urine. To confirm my Opinion, do but consider the Nature of the *Cacao-nut*, and *paste*: it is very nourishing, it allays vapours and ebullitions of the Blood; it is not apt to soure (as gruels, and broths of meat, or *China-root* instantly will) and it keepeth the Body soluble, and moderately purges by Urine. All which Indications we are to aim at in the Cure of this Disease. It also corroborateth the Stomach by its *adstringion*, it allayeth the sour Humour by its unctuousness (which floats not on the top, but accurately commixes with the liquor) and its bitterness, then which there is not any thing else more gratefull to a weak Stomach. Add to these Considerations, that *Chocolata* is a liquor, and that the Cure of Hypochondriacks depends upon *humectation* (seeing that *Medicamenta, si bene humectantur, bene curantur*) and there is not any thing can occasion a scruple, but the addition of *Sugar*: which how far it may agree, is to be determined by *Experience*, since otherwise it will be condemned by Reason. But, should it not agree, the *Cacao-paste* may be prepared for Persons

Persons deeply Hypochondriacal without Sugar, or Spice, except a few Anise-seeds, and powder of Santals, or Sassafras, and dissolved, upon occasion, together with some Bezoar, or any other Stomachical Preparation of Antimony, or whatever will saturate that esurive Humour upon the Stomach, and open Obstructions. Being thus given, I cannot imagine, but it must be a very effectual contrivance for the desperate Hypochondriacs, being regulated by a diligent Physician, and an observant Patient: without which it is impossible to effect that Cure; which is tedious, and requires circumspection, and variety of remedies to carry it on. As for those, who are afflicted with that Distemper, I suppose a milde sort of Chocolata, with a mixture of Spice, and Sugar, may agree very well.

The other Virtues of Chocolata in Hysterical fits, and Asthmas, or Consumptions, I have not time to insist on: from what I have said, and shall say about the way of using Chocolata, any Physician will be able to collect how it is, or may be used in such like Cases.

Concerning the variety of Ingredients in Chocolata, and the several frauds in making it up, I have already spoken so much, as I need not to enlarge again: only as to the Addition of Achioite, I hear the use of it is condemned by one of our most learned Physicians, as being prejudicial to the Head. I could

could never yet hear what Motives he had for that Opinion of his: for in all the Indian Writers I do not remember any such thing; I have already represented their Testimony, and that is the voice of Experience in Comprobation of the use of it. I never found any inconvenience by the use of Achioite (which is an Ingredient in my ordinary and royal Chocolata) nor do I hear of any, that does. I would rather adventure to recommend the use of Achioite, since, without heating, it doth powerfully attenuate all gross Humours, (and the Blood of us Northern People is more gross, and less fusile, than that of the Spaniards, or Indians, and we are prone to Coughs, stoppings of the Chest, and Asthmas, by reason of our gross feeding, and the thickness of the Blood, whereby it is apt to obstruct the Lungs) and since it doth make the Chocolata to agree better with the Stomach, than otherwise it would. I have faithfully declared already the judgment of several Writers concerning Achioite. It is generally put into Chocolata by the Indians, and Spaniards, and Portugeses; and that none should ever observe in it a particular repugnancy to the Brain, or a quality, that might give ground for such a surmise (which I cannot by my taste) is very strange: and how probable the thing is, let others judge.

Since the writing of the aforesaid Passage I have received the complaints of a fair Lady,

dy, who thinks, that taking of my common Chocolata with Achioite in it, the Head-ach (whereunto she is Naturally, as well as by her condition of being with Childe, prone) is encreased ; and that it doth create a more then usual heat in her Face, and Body ; and indeed I my self, taking for sundry days of the same Chocolata, found, that, taken in Paste, or liquor, it did cause in my Stomach and Body a greater and particular heat, which before I never felt. To finde out the cause of this Accident, I examined the Person, that made it up, and I found, he had varyed his Achioite, and used a new parcel, (which to me seemed not so good) which in the same weight did yield a deeper colour by farr, and occasioned, as I thought, the aforesaid Case, which did not happen when I used another sort, which to me seemed more pure, then the last used. But I did further observe, that the Chocolata complained of did promote Expectoration beyond any other, I ever took to eat, or drank : so that I conceive, in Case of Asthma, and stuffings from Phlegm, such a sort of Chocolata might agree well. As to the heat of Achioite it self, I could not perceive any more in the last, then in the other ; nay, I must profess, I think, that five Grains of the said Achioite, taken by it self, did not so much heat me, (nay, it did not cause in me any sense of heat) as did half a Dram of Chocolata-paste already mentioned :

yet

yet in sixteen Ounces thereof there was but one Scruple. And this Consideration puts me in mind of the Indian remark, that Achioite (though destitute almost of Taste, and Smell) doth amend the Taste, and Smell, (which it may do, as well as the heat) of the other Ingredients. And though it be not sensibly hot, yet by its penetrancy, and the great attenuating faculty it hath, it may occasion some Distempers in the Head, where the Blood is already so attenuated, that it admits no further Rarefaction without indisposing the Head, which (according to Mechanical Philosophy) must needs receive a greater afflux of Blood, the thinner it is. In the choice of Achioite I can only give this Rule, that it be solid, not soft, rather pale-red, then deep, free from seeds, or greenish hulls within, and not musty. As to the quantity to be put in, I finde it is impossible to determine the proportion, by reason of the variety of Achioite : but take the Indian Rule, recorded in Ledesma, to put in as much, as will colour it : (and that not deeply) and adhere not to what was prescribed me, viz. half a Dram in each Pound : which though it proved well in the first Essay I made for His Majesty, the Achioite being singular ; it hath since displeased me.

The way, in which I choose to take Chocolata, is sometimes to mix two parts of water with one of milk, and to dissolve the Cho-

Chocolata-paste therein with an Egg: for I care not for *milk* alone. But most usually I take *three quarters of a pint of good [Conduit] water* well-boil'd, and dissolve in it (stirring it frequently with a Spoon) *one ounce of Chocolata*, and *two ounces of fine Sugar*: having let it stand before a moderate fire to dissolve, when it is so dissolved, as that the liquor seems very fatty with a yellow fat, and that there sticks to the spoon an undescribable unduousness, or *oyliness*, (however that the *Chocolata* be not half dissolved, but that a great part of it still swim in great stakes, and small parcels, up and down) I proceed to mill it very well, and then set it to the fire again to dissolve more perfectly: and having let it stand a good while (even till it be ready to boil, or near upon it) I mill it once more with great diligence: and then either drink it alone (which is the common *Indian* and *Spanish* way) or putting in one Egg (*white* and *yolk*) without ever beating it before breaking it into the water, and immediately milling it very hard, sometimes playing the *molinet* (and that most, at first especially, to break the Egg, and hinder its curdling) on the top of the water, and sometimes at the bottom. And I have observed, that by this course the *Chocolata* (when taken without an Egg) becomes better tasted then otherwise it would: and, if an Egg be put in, the *Chocolata* is farr better dissolved,

and swims with a greater oyl or fat on the top, then if the Egg were put in sooner, and never so long milled. Nor doth the Egg harden, or *curdle*, if dropped in whole without beating, but dissolve better (if *nimbly milled*, and that towards the top, where the Egg floats at first) then if ic were beaten much, and put in afterwards by little and little.

I prepare no more at once, then I drink that time: not that I feel any offensiveness in what hath been once heated, and cold, before it be *heated again* for me: but because I finde an observable difference betwixt *fresh* and *old Chocolata-liquour*: the *Spice* evaporating their more subtle parts. But the discrepancy is not such, as is in *Pottage*, or *Gruel*, &c. twice heated: nor do I know what reason the *Spaniards* have to prohibite so severely the use of *Chocolata* twice heated. I drink it moderately hot, and dip a piece of *diet-bread*, or *wig*, &c. in it. I drink it without proportion, but commonly half a pint, or more: and this I do twice or thrice in a day (nay, before Diner) with a sensible refreshment; finding it to keep my body soluble enough, as I could wish; though otherwise I am inclined to costiveness. Sometimes I put in a spoonful of *Orange flower-water*; which gives it a most

Mr. Gage Chap. 15. to begin his journey drinks *Chocolata*, and eats a *Maple-bread* with a little *Conserve*: — and in the same Chapter, that we may know how hot he drank it, he calls it a *scalding cup of his Chocolatte*.

most excellent taste, if the water be good: sometimes (if I am faint with business) I put in a glass of good Canary, or Malaga-

^o Vide *Lipsum* *Sack*: in which I imitate ^o the antient *Ron in Elect. mans*, who did usually mix their old and *Stuckium* lib. well-bodyed Wines with hot water, which in

^{3.} *De Convivis* Several houses, call'd *Thermopolia*, was kept in *Mercurialem*, always ready for entertainment. And this

&c. practise of theirs is asserted by *Campanella* for the most wholesom way of drinking Wine.

^{p Augen. Epist. t. 3. l. 10. Ep. 30.} And *Costeus* tells us, that for a weak Stomach there is not any thing more profit-

able, then a draught of hot Wine; which I have known experimented in *England* with good success, not only in the case men-

tioned, but in sundry *Atrophies*, and *Consum-*

^{q Valles. Phi- los. Sacr.} *ptions*. And *Vallesius* ^q tells us, that, however it be Proverbially said, that *Wine is the old*

Man's milk, yet is it indigestible, if it be not first heated. I have sometimes Aroma-tised it with a few *Sassafrass* Chips, not un-pleasingly. They, who would put in *emulsions*, or the like, must dissolve, and mix the *Chocola-ta* with less water, and having mill'd it well, then put in the *emulsion*, &c. and mill it again.

As to the times, whereat I take it; I ob-serve none particularly, besides the taking of it in a Morning, and Evening: sometimes sooner, sometimes later, as occasion permits. Nor do I regard the quantity, taking fre-quently a pint, but usually above half a pint: eating tosted wdg, or diet-bread often with it. What it may do to others, I know not;

but

but I never found my sleep retarded, or di-sturbed by it: it is possible, some may finde it otherwise; for, if Sleep be a *relaxation of the Nerves, and vacation from sense thorough wearisomness of the Organs*, what corroborates Nature, and dispells wearisomness, may (without its disparagement) retard sleep.

I have often wonder'd to hear upon how inconsiderable causes many complain; though they have no occasion to sleep: yet, if they sleep not at certain times, they entertain strange thoughts of their danger of sickness, and condemn the occasion of it presently. So, if they eat not flesh at least once or twice a day, they repute their Stomach to be lost, and imagine they must dy: not regarding, that the end of food is to *repair the defects of Nature, and prevent its decay for the fu-ture*: and, when we enjoy these ends, we are not to be solicitous of any particular means further to procure what we already possess. To Eat, to Drink, to Sleep, were there no need thereof, were folly: and he makes Reason submit to Custom, or Con-ceipt, who Eats, Drinks, or Sleeps, when he is sensible, there is no necessity of it; and in-curs by a superfluity dangers, he would a-void. *Nizolius*, the great *Ciceronian*, slept not of ten years: others have watched longer (as you may read in ^r *Heurnius*) without ^r *Heurnius* ^{De} prejudice. Several have never drunk, and ^{mor. cap. cap. 17.} others have, to avoid a *Dropsey*, or the like, for a long time refrain'd all Drink; and

M 2

done

done as well, or better then others: and the case of Rabbets, Sheep, and sundry Birds, evidence the possibility of the Antient and Modern Relations in this case. As for Eating, except the Maid of *Confolans* (recited by *Citesius*) I can hardly credit any, that have subsisted without that: but without doubt a greater temperance might be practised therein, then is used. And, upon the aforementioned Account, some cry out upon *Chocolata*, as if it destroyed their sleep; others, that, taking it, they can eat no Diner after it, it preventing their appetite thereunto: but, would these people be pleased to think, that *Chocolata* feeds more then their Diner, of the loss of which they complain, and that they are in no danger of dying by hunger, whilst they feed hereon, the formality of eating a *see* Meal would not be insisted on. I must profess, I never could observe in my self any alteration of my Stomach by drinking *Chocolata* in a Morning: and, if any have, it is because their Stomachs are weak, and that their Diner would not digest well with them, if they had it. Is it not sufficient, that *Chocolata* offends not their Stomach? and that their Blood depurates it self (upon the taking thereof) by *Sweat*, *Urine*, *Stool*, and *Expectoration*? Let them but consider, how apt Meat is to corrupt on the Stomach; how little it agrees with a weak Stomach; and how binding its remanency, or earthy parts (as they call them)

[165]

them) are: since that in Fluxes it is recommended for an excellent Remedy to give ¹ Vide *Alex.* the reliques of the meat, out of which all the *Trajan. Petron.* strength is Boil'd or Pressed in Jellies and ^{De vita Ro-} ^{man:} Cullices:) and let them see how much they are hurt by being put by such a Meal.

I shall conclude with this Advise; that however the *Chocolata* be good; and that such, as stand in need of quick refection, are to be fed with Drinks; which yield a more speedy nourishment, then others: yet is there Caution to be used in the taking even of the best: for thus my *Spaniard* directs, whose Prescript agrees with my *Chocolata Royal* almost.

In quantitate hujus potionis sumenda, & vicibus numero repetitis, est prudens certè cautio adhibenda: nam, si plus justo, & pluries quam calor Stomachi ferat, ingeratur, tunc adhuc robusto Stomacho multum negotii faccessit, & vices repetitæ onera sunt plenis, & maximè quando non ad tollendam, sed ad irritandam famem queritur; indè enim pallor, & nervorum cruditate madentium tremor accidit, & miserabilis ex cruditate macies; indè distentus venter, & decolor vultus; aliquando vertigines, & capitis dolores, & forte longa febris, & insuperabiles varicose obstrunctiones, unde Hypochondriaca Melancholia, & ex varia multiplicique cruditate affectus planè contrarii: iis tamen malis minus erunt obnoxii, qui se non tantis deliciis solverint; qui sibi prudenter temperantes imperabunt,

perabunt, & Corpora opere & vero labore exercebunt: hos enim innoxii non tantum Chocolate, sed cibus excipiet, qui non nisi esuri-
enti potest placere. Necesse est enim, ut ex dis-
cordi cibo morbi contrarii etiam oriantur:
& hæc nobis bodiè unica videtur ratio, quare
in Hypochondriaca Melancholia tam confusa
& contraria, & longè inter se dissimilia ob-
serventur accidentia; & in plerisque Febribus
ex contrariis naturæ partibus, quæ in eandem
compulsa redundant. Et hanc propter ratio-
nem apud aliquos reor Chocolate noxii o-
pinionem subiisse; non quòd ilud sui ratione
mereatur: quinimò, si temperatâ frugalitate
adsumatur, magnas utilitates omnes expertum
iri, nobis est indubitata fides; neque displicet, sub
bac frugalitate, post prælum & cænam (maxi-
mè moderata) parum de Chocolate pitissare;
ut utroque calore suam digestionem perficiat
Stomachus, & indè facultates roborentur, ac
plerisque impedientibus ablatis, melius perfici-
tur coctio: quod te experientia felicissimè doce-
bit, & moderatio usum securiorem faciet.
(That is,) There ought to be a great cau-
tion, and prudence, used in the number, and
quantity of those draughts, we take of Chu-
colatæ; for, if it be taken in too large a
quantity, or too frequently, so as Nature
cannot overcome it, it becomes trouble-
some even to the most strong Stomachs,
and often usage makes it a burthen, espe-
cially, if it be taken rather for wanton-
ness, then necessity, to cause, and not allay
hunger;

hunger: for from this cause happens Pale-
ness, tremblings, and Palsies of the moistened
Nerves, and a miserable leaness occasioned
by Crudities; the Belly is distended; the
Countenance is discoloured; sometimes
Giddiness, and other Aches of the Head,
& and Chronical Agues, and Fevers, and in-
superable Obstructions in the Varices, as
also Hypochondriacal Melancholy, and
Diseases of a different Nature springing of
several Crudities: but such are least ob-
noxious to these Distempers, as do not
debilitate themselves with Luxury, who
command their Appetite, and keep their
Bodies in much exercise; for these may
take not only Chocolate, but other suste-
nance at any time without danger: no
food being good upon a full Stomach; for
from a repugnancy in the meats ariseth a
repugnancy and difference of Diseases:
which is in my judgment the reason, why
in Hypochondriacal Melancholy there is
observed such a variety of Accidents, as
also in many Fevers, by reason of the se-
veral Heterogeneous parts commixing oc-
casionally together. And I suppose, that
the aforesaid cause moved many to ima-
gine Chocolate to be somewhat hurtfull;
not that it really deserved that imputa-
tion: for, if it be moderately used, it is my
assured perswasion, that all will finde great
benefit thereby. Nor am I against it in
them, that practise such moderation, if
they

So did Mote-^c they take it after Diner, or Supper (both zuma, as I ^c of them being moderate) that so Nature, beginning out having her own heat augmented by the of Bernaldus ^c accessional of Chocolate, may better con-
del Castillo. ^c coct, and strengthen the Faculties, and dis-
sipate what might impede digestion. And
this Experience will teach : and it is no less
true, that it is moderation, that makes it
safe to take Chocolata. I shall conclude
this Discourse with the Judgment of the
Learned Roblez, Physician in Peru, which
is as follows.

The

The Judgment of Roblez a Licens-
tiate Physician in Peru concern-
ing Cacao, and Chocolata.

EL Cacao es frio, y seco, de su templan-
sa : y per esto tienen partes astringentes,
con que opila. Esta oí el mas valido de quan-
tas mercadurias oí : y esta tan adelante, que
ai majorasgos fundados sobre sus heredades,
de a dies, y dose mil ducados de orenta. Es
el Cacao sumamente alimento, por don
de hace dudar de su templanza. El aceito, que
sale del, quando se cuesse, es blanco, y gra-
nulado, que mas parecer manteca. Sacasse
tostandole en casuela de barro, y no es bueno
en metal. Muelesse el Cacao en la piedra, y
con mano de piedra, estando calientes ambos,
y echa masa, se pone en puchero al fuego, en
las brasas, y en tomando calor sale encima la
manteca, y aceite mas rubio que la llama, y de su
mismo sabor: assi mismo se tuesta para hacer la
bebida. Pero quando le uan moliendo, o passiando
por la piedra, le mesclan, anis, canela, y al-
gun clavo ; echando a tres libras de Cacao,
dos onzas de anis, una de canela, y media de
clavo,

clavo, con esto, passan por la piedra dos o tres veces, y luego le echan en caxitas, ole hacer panecillos de a onza, que as lo que adellevar una Xicara de bebeda: este es el Chocolare regalada, y mas sano, y el, que bebe la gente regalada: otros le echan harina de mais, y en la Nueva-Espanna viscocho, molido, pero esto de mas de hacer, el Chocolate de poca dura, es enfermo, por que la harina, que le echan, no cosida, aun que va tostada es de mal mantenimiento, y causa opilaciones, y otros mil achaques: tambien le mesclan en otras partes con Achiote, por ser a propósito para la orina: el modo de hacer la bebeda, es este. Lo cueffen desfaziendo la pasta en proporcionada cantidad de agua, poco mas de medio quartillo, y dos onzas de azucar, una de Chocolate, y cuefse en una olleta uno o dos hervores al fuego, y le dan con un molinillo hasta llevar la espuma, y quanto caliente se puede se bebe; el que se bebe desta manera, se tiene por mas sano: no soi de parecer, se tome muchas veces, por que inquieta el costimiento, y carga el estomago de muchas crudetas. El Cacao comido confitado, por la tarde quieta el sueno des toda la noche. Solo es bueno para los Soldados, que estan de posta. La mantera del Cacao es de grande

grande provecho, para las inflammaciones, y para qual quiera fuegos, y quemaduras; y sobre todo, para el tiempo de las viruelas, y se-rampion, y ampollas, y llagas, securan untandose a menudo, con a quel aceite, para el principio, aumento, estado de la Erysipela: es gran sedante, y el mayor anodino para el dolor, que causan sus costras, y postillas: para los labios abiertos, y grietas de las manos, y en el rostro: para las enzias, que manan sangre con dolor, se les quita efectos bien contrarios, pero mejor conocidos por la experientia.

That is in English as follows.

The Cacao-nut is cold and dry in its temperament: and thereby it hath parts astringent, wherewith it obstructs. It is at this day the most rich Merchandise in the Indies: and it is of so high an esteem, that they settle by right of Primogeniture on their Eldest Sons Farms of Cacao, which yield annually twelve thousand Duckets. The Cacao-nut is exceeding nourishing, which makes People doubt concerning its particular temperament. The (a) Oyl, that comes from it, when it is boil'd, is white, and

b And into ^c and imbodies into (b) *Grains*, which seems
bigger bodies ^c rather to be a sort of *butter* : it is to be
too, upon long ^c infusing, and ^c extracted by roasting in a large *earthen*
decocing.

^c *pot* [such as we bake meat in] and it doth
not well in a *brass vessel*. The Nut is

^c This is bet-^c *peſtel*, (c) both of them being hot sand, be-
ter done on a ^c *Stone-table*. ^c both of them being hot sand, be-
ing made into a paste, it is set on a
^c *Charcoal-fire* in a *Pipkin*, and, as it
heats, there rises up to the top the *but-*

^d This is true, if the *Cacao-paste*
be long digested on the fire,
and never mill'd : and it is to be
seen only whilst it is hot ; for,
being cold, you have only a
fatty water, and some *large*
lumps of *fat* floating, whilst
the *lesser grains* sink, or strike
against the side, all in very dif-
ferent and irregular figures.

^c *nife-seeds*, *Cinnamom*, and a few *Cloves* ; ad-
ding to three pounds of *Cacao* two ounces
of *Anife-seeds*, one of *Cinnamom*, and
half an ounce of *Cloves* : with which
they grind it on the Stone two or three
times : and then they put it into
little boxes, or they make little Cakes of
one ounce-weight, which is the propor-
tion of *Chocolata* to make one draught.

^c This

This is the Royal *Chocolata*, being the best,
and most wholesom, and which is drunk
by the Nobility, and Persons of the best
rank. Others mix with it the flower
of *Maiz* : and in *New-Spain* they mix
therewith the fine Powder of *Bisket-*
bread : but this sort of *Chocolata* lasts not
long to keep, is not good, but weak ; be-
cause the flower of *Maiz*, which they put
in, is not boil'd, and prepared ; and though
the *Maiz* be prepared by roasting, yet
it yields but bad nourishment, it begets
Obstructions, and a thousand *Aches*, and
Distempers. In other parts they mix
with the *Cacao-paste* some *Achiote*, which
serves to provoke ^(e)

^c *Urine*. And the way of
making their *Chocolata*-
drink is this. They
scrape the *Cacao-paste*,
and dissolve it in a pro-
portionate quantity of
water, to a little more
than half a pint of wa-
ter they put in two ounces of *Sugar*, and
one of the *Paste* of *Cacao*, and they let
it boil in a pot one or two woulms over
the fire, and then they mill it, till it rise
^c with

^c In those hot Countries men
are very apt to be troubled with
retention of *Urine* : which is
the great reason, they still mix in
their Compositions what pro-
vokes *Urine* ; it being usual even
here for those, that sweat, and
transpire much, to make less
water : wherefore we see, that
in Colds the *Urine* is more then
ordinary.

‘ with a large froth ; they drink it as hot, ‘ as they can possible : and they, that drink ‘ it so, think it to be *most wholesome*. And ‘ I am of the Opinion, that it ought not ‘ to be drunk too often : because it disturbs

‘ (f) Concoction , and
‘ loads the Stomach with
‘ many Crudities. The
‘ Cacao-nut being made
‘ into Confects, [as Al-
‘ mond-confects are made]

If it be taken too soon after
meals ; in which it hath no pec-
uliar inconvenience, but what
is general to any Sustenance :
and it hurts least, because less
apt to corrupt, then other food
is.

‘ being eaten at night, makes Men to wake
‘ all night-long : and is therefore good for
‘ Souldiers, that are upon the Guard. The
‘ Cacao-butter is excellently usefull in case
‘ of Inflammations, and any scalds, or burns ;
‘ and especially in the small-Pox ; and
‘ pustulous Tumours, and eruptions from
‘ heat, and Bruises : they are cured by a-
‘ nointing therewith in the beginning, en-
‘ crease, state, or declination of the E-
‘ rysipelas, or St. Antonie’s-fire. It is a great
‘ cooler, and allayer of pains created by
‘ Crusts, or Scars upon Sores, and Pimples,
‘ and in chopped Lips, and Hands, and
‘ Face, and Gums, which bleed, and are
‘ dolorous. It produceth effects very various,
‘ and contrary one to another, which are
‘ best known by Experience.

An

An account of the Distillation of
the Cacao-nut perform’d by
Mr. Le Febure.

WE took eight Ounces of the Cacao-
nut, and, without hulling them,
beat them to a gross powder, and put them
in a Retort : we found the body so fix’d,
that with an ordinary Fire there came no-
thing over, but a white liquor in a very
small quantity, so clear as water : which
we suppose to be the Phlegm. Then we
increased the Fire to such an heat, as if we
had been to draw Spirit of Vitriol : then
there came over (within the space of
seventeen hours Operation) first a Spirit,
that was as white as Milk , in Va-
pours ; and, whereas all other Spirits u-
sually ascend in the Recipient, these did
descend, and fall to the bottom : and after
that (but with a great reverberating Fire ;
such as he never put to any Vegetable)
there came over the Oyl, which was red
as blood, but clear ; resembling any Tin-
ture for clearness : after it was cold, it be-
came

came thick, like to the Oyl or Butter of Wax for consistence.

The *Caput Mortuum* weighed one ounce, and seven drams; of the Spirit there was about two ounces: and the remainder Oyl, three ounces and an half; besides what was lost in filtrating, and other contingencies. Upon Separation, the Spirit was as red as blood, like to any exquisite Tincture of *Santals*; however it were white in the first distilling: which is to be attributed to its being commix'd in the distilling with the subsequent Oyl. The Spirit was not very hot, but exceeding penetrative, and not unpleasant as to smell, or taste, as other Spirits drawn from blood, or flesh, are. But, however it had not any *empyreuma*, nor had that odiousness, which attends Spirits drawn from flesh, yet had it an evident affinity (but with a peculiar mildness) with flesh. The Oyl was not very unpleasant, but miraculously piercing, (the Volatile Salt, of which there was a great quantity, being unseparated) and had an unexpressible Aromaticalness upon the tongue; and seem'd very much to delight and refresh the Heart, and Stomach: but with a great resemblance still of flesh.

The

The *Caput Mortuum* had no taste at all, was exceeding light, and carryed with it in smell Testimonies of an affinity with fat flesh, when broiled:

We had not time to pursue a more accurate enquiry into the several Liquours, and Parts, into which the first appearances of this Distillation might be further resolved: but that there may be a very great exercise for further Curiosity in the Distilling of this Nut appears hence, that the Spirit in a short space became not only turbid, but sour, and manifested it self to contain a *Vinegar*: which is not yet examined; but the Honourable *Robert Boyle* Esq; hath promised to make some *Essays* about it. I would not have any offended at the novelty of finding a *Vinegar* in the *Cacao*; for it is an *acid ferment*, that we owe our digestion to: and we ought rather to admire the Nature of this *Nut*, which includes in it self not only Principles for nourishment, and food, but even of concoction: and from hence we may observe, what it is, that makes it so agreeable to all, even to the weakest Natures. Besides Mr. *Boyle* told me

N

me of several Oyls, he observed in it upon Distillation, the several effects and differences whereof are not yet, through want of time, discovered.

I have nothing more to add now, being just ready to go on Ship-board ; but that I have since met with a Person, whose long Converse and Curiosity in *Spain* have enabled him to judge of *Chocolata* : he informed me of many things so, as to satisfie me, that the course I make *Chocolata* by, is exact : and that, what I have taught *Mortimer* to make, hotter then my ordinary way, is the true *Chocolata* of *Guaxaca*, and most celebrated in the *Spanish* Court. And I am to acquaint the Nation with a piece of his Intelligence, which was my own Conjecture before, that to make *Chocolata* into *Sweetmeats*, and *Almonds*, it is this *Chocolata* of *Guaxaca* (a Present of which I designed for Her Majesty, had She arrived before my departure, and some whereof is in the hands of the Lady *Wood*) wherewith the said *Confests* are to be made : for milde *Chocolata* will grow *insipid* upon so great a commixture of *Sugar*. Any one may have

have it at *Mortimer's* made for them, if they be-speak it by the name of the *Queen's Chocolata*, as the other bears the name of *Chocolata-royal*, which had His Majestie's approbation. There is a sort of *Chocolata* made by Sir *H. Bennet*, which, if I have seen the right Prescript, is conformable to what I understand to be the practise of the *Spanish* Court : yet differs a little from mine, and hath a greater proportion of *red Pepper*, then I allow *English-Men*, however it may suit with the *Female Sex* pretty well. It hath *Musk* in it in as great a quantity, as I put *Amber-grise* in mine : but I think *Musk* not so healthfull in many ; for it begers a great fusion and fermentation in the Blood, so as that it causeth it to boil, and colour the face : besides that a little *Musk* chewed is observed to make *wounds to bleed* ; with many other Instances, which I have not time to recount, but shall in the next Edition ; with Experiments of my own about it in the making of a sort of Pies with *Almonds*, *Pistachias*, *Marrow*, &c. and *Musk* sometimes, sometimes *Amber-grise* : which as it is a Dish I love sometimes, so was I pleased with several Observations I made by putting *Musk* and

and *Amber-grise* in it. If any will have any made with *Musk*, and those other Ingredients, which a little diversifie it from my *Chocolata-royal*, or that, which I call the *Queen's Chocolata*, I have told *Mortimer* the way: so as they may have it either *milde*, or as *hot* as Sir *H. B.* makes it.

The Gentleman further informed me, that he found *Chocolata* to keep his body *soluble* (as did my much Honoured and Learned Friend Dr. *Quatremaine*, Physician-in-Ordinary to His Majesty:) and if it ever fail'd to do so, he then took it in bed, half an hour before he rose, and it never fail'd to give him a *Stool*, as soon as he was up. He told me, he used to put *butter* in his: and he told me, that they used to take it in *Spain* after they have taken a *little conserve, bisket, or a salt bit* in a morning. He further told me upon his *Experience*, that, being desperately vex'd with the *Piles*, he took the *Butter of Cacao* (which is the *fat* I mention, that arises from digesting the *Cacao's simple paste* in water, till the *fat* be drawn out) and melted it, and anointed therewith, and it did not only cure him presently, but that he never had them since. I have not time to enlarge on the several

Ex-

Experiments I have since had account of: but I have many more Reasons to recommend it in case of *Hypochondriacal Melancholy*. But I must conclude, adding the Discourse of St. *Austin*, which I hinted at before, because it contains some *Observations* not ordinary in *Physick*.

The Judgment of St. *Austin* in his Book Of the *City of God*: which was too large to be inserted before, pag. 136.

Lib. 14. Ch. 23.

— **T**His Contention, Fight, and alteration of Lust, and Will, this need of Lust to the sufficiency of the Will, had not been laid upon the wedlock in *Paradise*, but that *disobedience* should be the Plague to the Sin of *disobedience*: otherwise those *Members* had obeyed the *Will*, as well as the rest. The seed of Generation should have been sown in the Vessel, as Corn is now in the Field. What I would say more in this kind, Modesty bids me forbear a little, and first ask pardon of chaste ears. I need not do it, but might proceed in any Discourse pertinent to this Theme,

Theme, freely, and without fear to be obscene, or imputation of impurity to the words, *being as honestly spoken of these, as others are of any other bodily Members.* Therefore he, that readeth this with unchaste suggestions, let him accuse his own guilt, not the nature of the *Question.*

Ibid. Ch. 24.

Man therefore should have sown the Seed, and Woman have received it, as need required, without all Lust, and *as their Wills desired:* for, as now we are, our articulate Members do not only obey our Will, our Hands, or Feet, or so; but even those also, that we move but by small Sinews, and Tendons, we contract, and turn them as we list: as you see in the voluntary motions of the Mouth, and Face. And the Lungs, the softest of all the Entrails, except the Marrow, and therefore placed in the Arches of the Breast, far more safely to take in and give out the Breath, and to proportionate the Voice, do serve a Man's Will entirely, like a pair of Smith's or Organ's Bellows, to breathe, to speak, to cry, or to sing. I omit, that it is natural in some Creatures, if they feel any thing bite

bite them, to move the skin ~~like~~, where it bites, and no where else; shaking of not only Flies, but even Darts, or Shafts, by this motion. Man cannot do this: what then? could not God give it unto what Creatures he listed? Even so might Man have had the Obedience of his *lower parts*, which his own Disobedience debarred. For God could easily have made him with all his Members subjected to his Will, even that, which now is not moved, but by Lust: for we see some Mens natures far different from other-some; acting those things strangely with their Bodies, which others cannot do, nor hardly will believe. There are, that can move their Ears, one, or both, as they please. There are, that can move all their Hair towards their forehead, and back again, and never move their Heads. There are, that can swallow you twenty *Lbd. Vives* things whole, and, contracting but their ^{upon this} ~~place tells us,~~ Guts a little, give you every thing up as ^{such an one, a} ~~that there was~~ Birds, and other Men, so curiously, that, ^{German, about} ~~Maximilian's~~ Son *Philip's*, unless you see them, you cannot discern ^{that would} them for your hearts. There are, that can have ^{rehearsal} break wind *backward* so artificially, (a) that ^{sed any Verse} ~~whatsoever~~ you with his tail.

you would think they *sang*. I have seen one
when he was sick of a ^a Tertian at Bruges, as often as the Physician told him, it was good to sweat, he would but hold his breath a little, & cover himself over head in the bed, and sweat presently. *you would think they sang*. I sweat (b) when he lifted: and it is sure, that some can weep when they lift, and shed Tears plentifully. But it is wonderfull, that divers of the Brethren tryed of late in a Priest call'd *Restitutus*, of the Village of Calaman, who, when he pleased (and they requested him to shew them this rare Experiment) at the feining of a lamentable sound drew himself into such an Extasie, that he lay as dead, senseles of all punishing, pricking, nay even of burning, but that he felt it sore after his waking. And this

Rapture was found to be true, and not counterfeit in him, in that he lay still without any breathing: yet he said afterwards, that, if one spake aloud, he thought he heard him, as if he were afar off. Seeing therefore that, in this *frail state* of ours, the Body serveth the Will in such extraordinary effects; why should we not believe, that, as one could sweat as easily before his disobedience, the first Man

might have had his means, and Members of Generation, without Lust? But he, taking delight in himself, was left by God unto himself, because he would not obey God. *And this proves his misery the plainer: in that he cannot live as he would.*

FINIS.